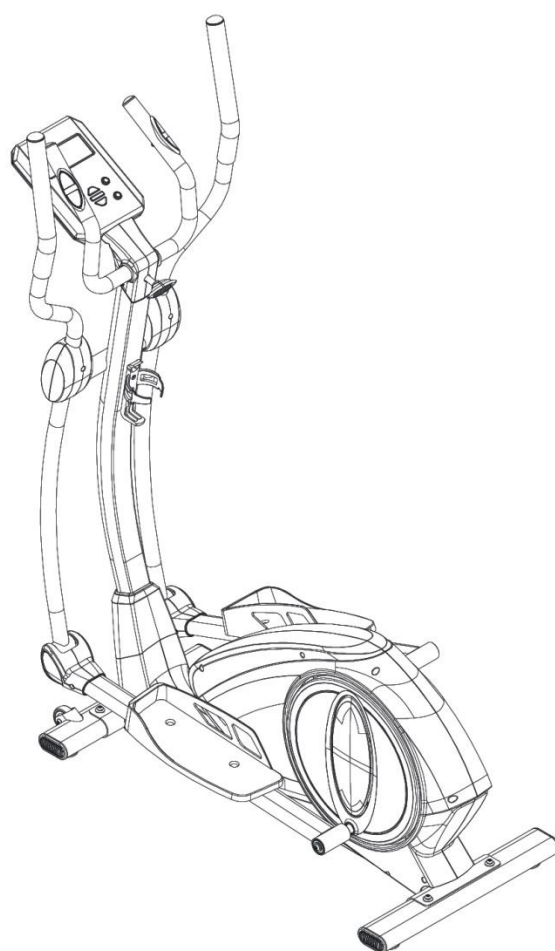


XPLOERER HERO

ELIPTIČNI TRENAŽER



PRIRUČNIK ZA KORISNIKE

Mjere opreza

OPREZ: Ovaj sobni bicikl je dizajniran da pruži maksimalnu sigurnost tijekom korištenja, ali ipak je potrebno sljediti neka pravila da bi izbjegli ozljede i oštećenja:

- Prije korištenja proučite ovaj dokument.
- Držite djecu i kućne ljubimce dalje od ove sprave, i ne puštajte ih blizu bez nadzora.
- Provjeravajte sve dijelove redovito i zamijenite ih po potrebi.
- Postavite sobni bicikl na ravnu površinu, a barem 1m slobodnog prostora sa svih strana. Da bi zaštitili pod od oštećenja, preporučujemo da koristite podmetač ispod sprave.
- Držite sobni bicikl u interijeru, što dalje od vlage ili prašine. Dobro je imati ventilaciju u sobi u kojoj se nalazi.
- Nosite prigodnu odjeću i obuću tijekom vježbanja. Izbjegavajte opuštenu i široku odjeću, jer bi mogla zapeti u spravi.
- Maksimalna težina korisnika za ovu spravu je 150kg! Ako niste u tom rangu, predlažemo da kupite drugi model eliptičnog trenažera.
- Ova sprava je namjenjena da ju koristi samo jedna osoba. Nikad ne pokušavajte vježbati sa 2 ili više osobe odjednom!
- Ako osjećate bol ili vrtoglavicu tijekom vježbanja, odmah prestanite s vježbom i kontaktirajte doktora.

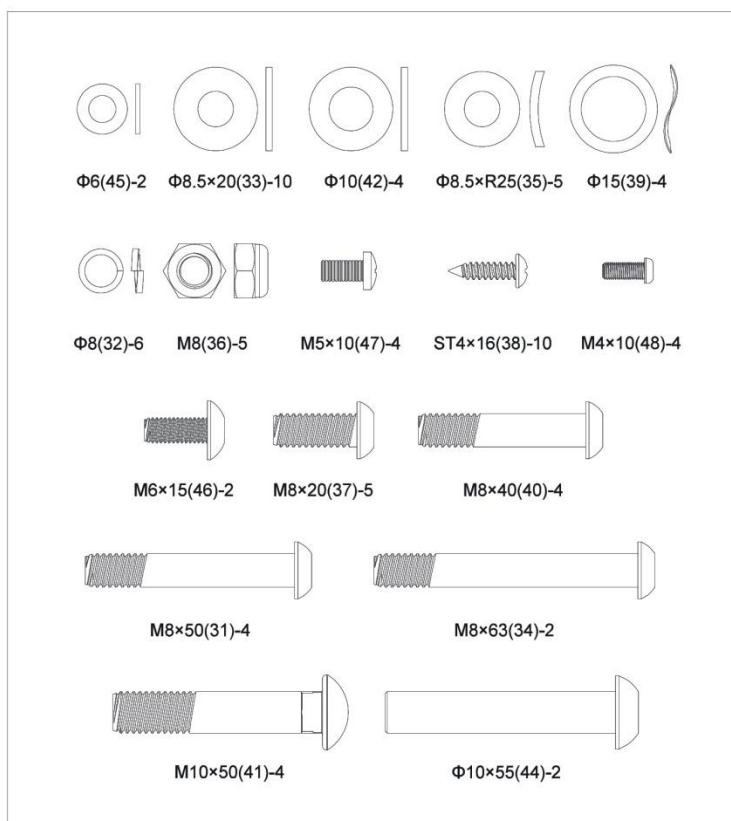
Ako se oporavljate od bolesti ili imate sljedeće simptome, posavjetujte se sa svojim doktorom prije nego počnete koristiti eliptični trenažer:

- Bolovi ili utrnulost u zglobovima
- Anamorfni artritis, reuma ili bol u kostima
- Osteoporoza ili druge abnormalnosti
- Srčana bolest, krvna bolest, hipertenzija i slično
- Problemi sa disanjem
- Dijabetes ili slične bolesti

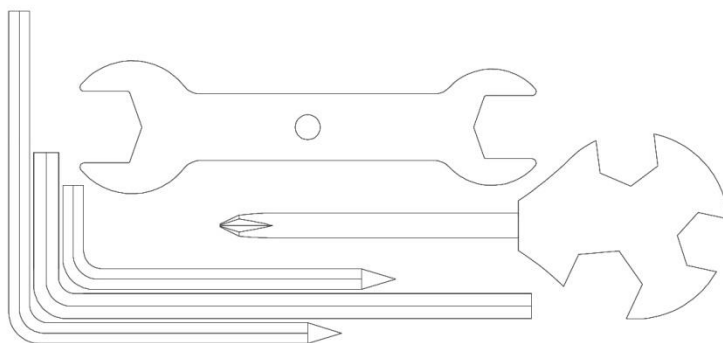
Ako imate bilo kakve simptome bolesti, čak i ako nisu spomenuti iznad, savjetujte se sa svojim doktorom prije nego počnete vježbati.

Prije sastavljanja:

Otvorite sve kutije i provjerite da li su svi dijelovi na broju. Usporedite sa slikama i tablicama ispod. Ako nešto fali, kontaktirajte prodavača/proizvođača.

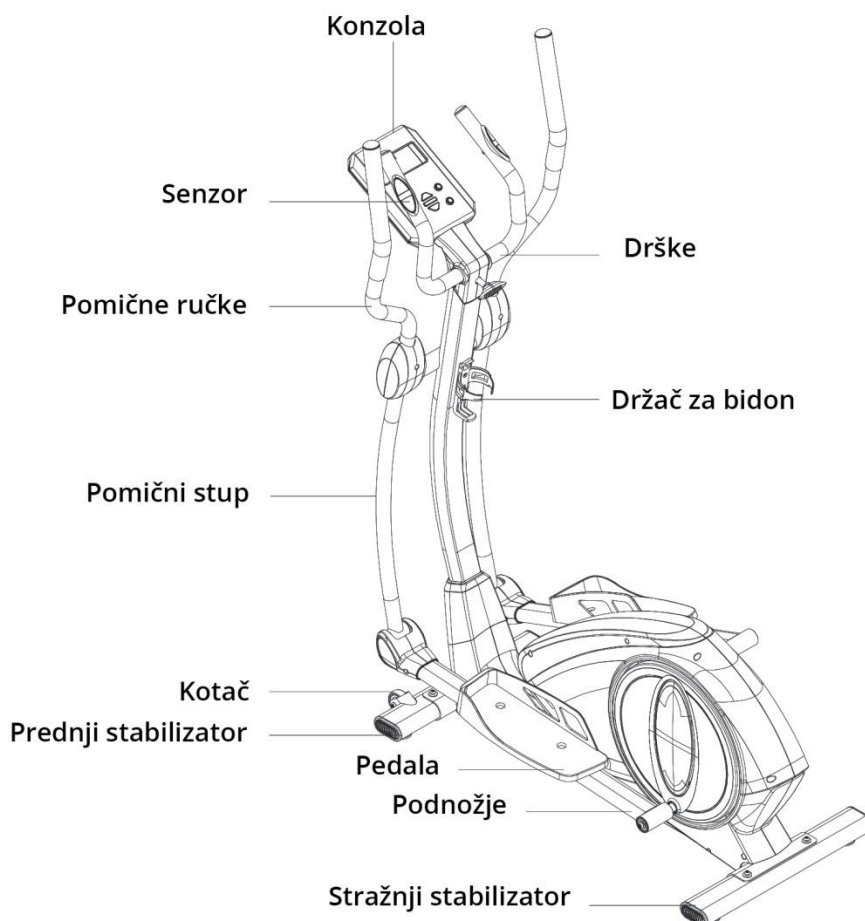


Br.	Naziv	Specifikacije	Kom.
31	Allen C.K.S. half thread screw	M8×50×20	4
32	Spring washer	Φ8	7
33	Flat washer	Φ8.5×Φ20×t1.5	11
34	Allen C.K.S. half thread screw	M8×63×20	3
35	Curve washer	Φ8.5×R25×t2.0	6
36	Hex self-locking nut	M8	6
37	Allen C.K.S. full thread screw	M8×20	6
38	Philips C.K.S. self-tapping screw	ST4×16	10
39	Wave spring washer	Φ15	4
40	Allen C.K.S. half thread screw	M8×40×20	4
41	carriage screw	M10×50×20	4
42	Flat washer	Φ10	4
44	Allen C.K.S. hollow screw	Φ10×56.5-M6×20	2
45	Flat washer	Φ6	2
46	Allen C.K.S. full thread screw	M6×15	2
47	Philips C.K.S. full head screw	M5×10	4
48	Philips C.K.S. full head screw	M4×10	4



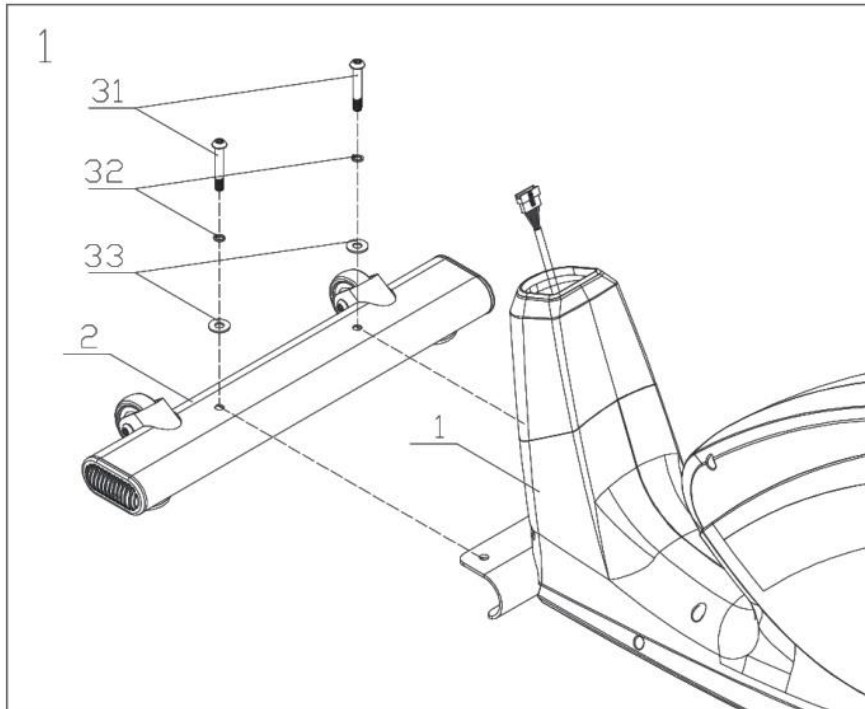
Naziv	Specifikacije	kom.
L-shape wrench	5×80×80S	1
L-shape wrench	5×35×85S	1
L-shape wrench	6×40×120	1
Cross spanner	15#&17#	1
Cross open spanner		1

Stavite sve alate na stranu prije sastavljanja, tako da ih uvijek imate pri ruci ako zatrebaju. Počistite radnu površinu i uvjerite se da imate dovoljno mjesta da možete raditi bez poteškoća.

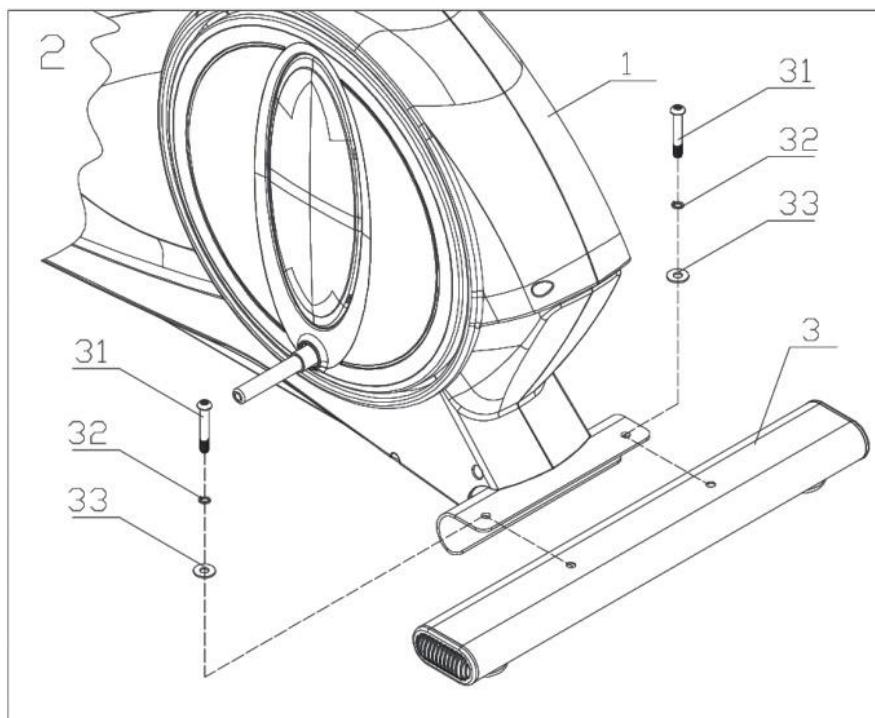


Upute za sastavljanje

Spojite prednji stabilizator (2) na glavni okvir (1) sa vijcima (33, 32, 31).



Spojite stražnji stabilizator (3) na glavni okvir (1) sa vijcima (33, 32, 31).



3.A: Postavite ukrasnu liniju (89) na glavni stup (4). Uzmite zaštitu glavnog stupa (16) sa glavnog okvira (1) i postavite na glavni stup (4) kao na slici.

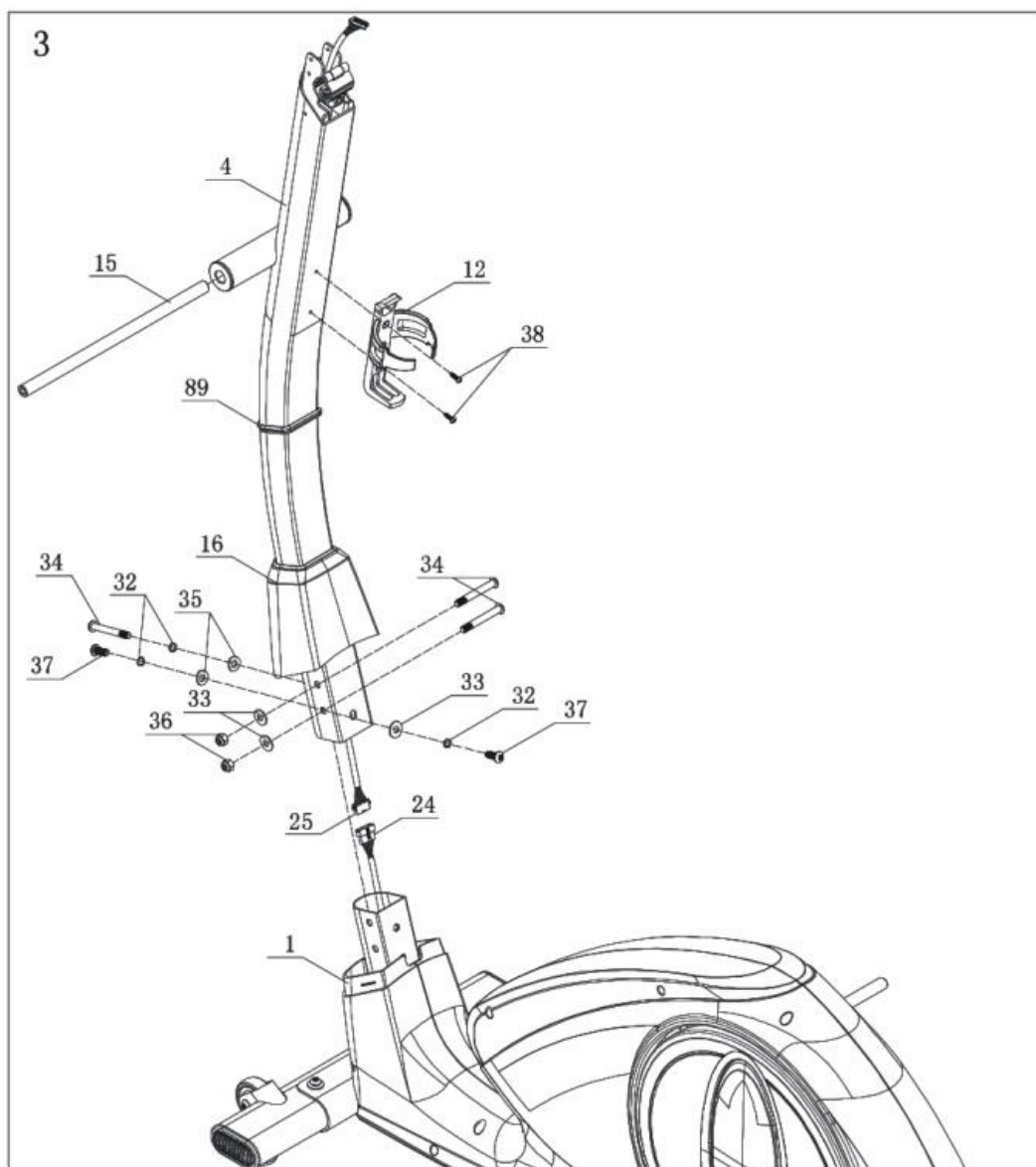
3.B: Spojite žicu od motora (24) i žicu od konzole (25).

3.C: Spojite glavni stup (4) na glavni okvir (1) sa vijcima (32, 34, 33, 37, 36, 30) kao na slici.

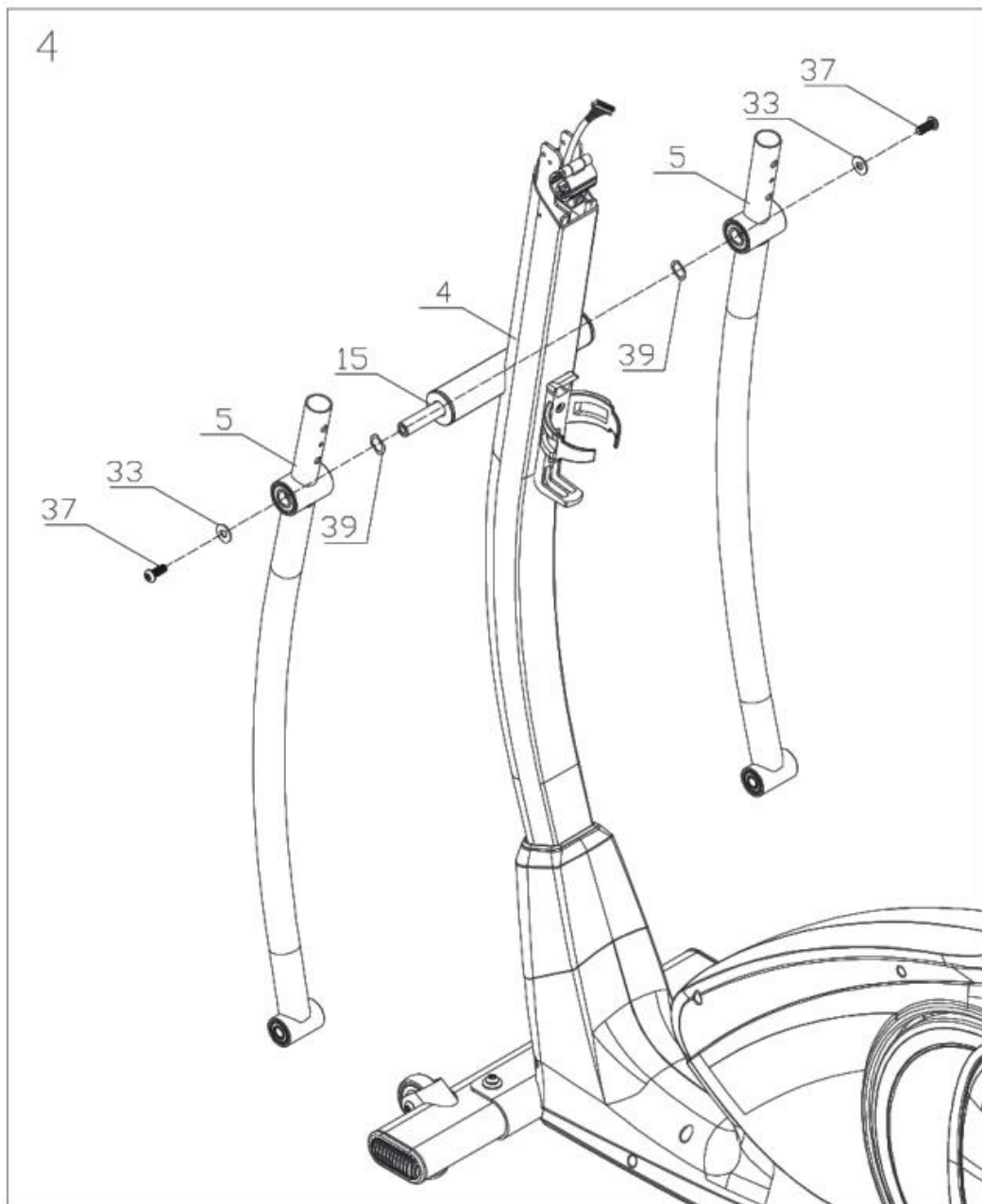
3.D: Spojite zaštitu glavnog stupa (16) i ukrasnu liniju (89) na glavni okvir (1)

3.E: Spojite držač za bidon (14) na glavni stup (4) sa vijkom (38).

3.F: Spojite osovinu (15) na glavni stup (4).

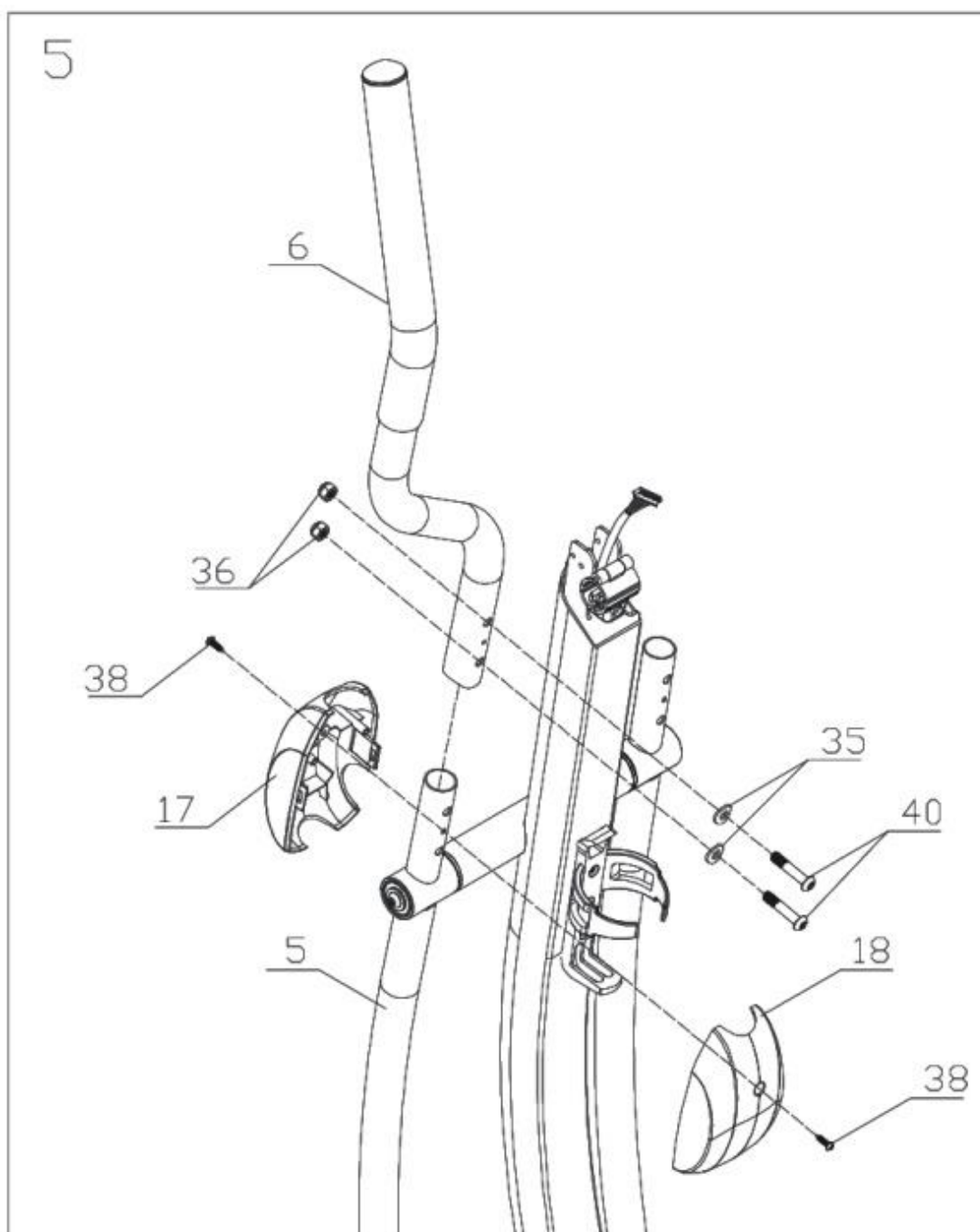


4. Postavite ležajeve (39) na osovino (15), zatim spojite pomične stupove (5) na osovino (15) s obje strane sa vijcima (33, 37).

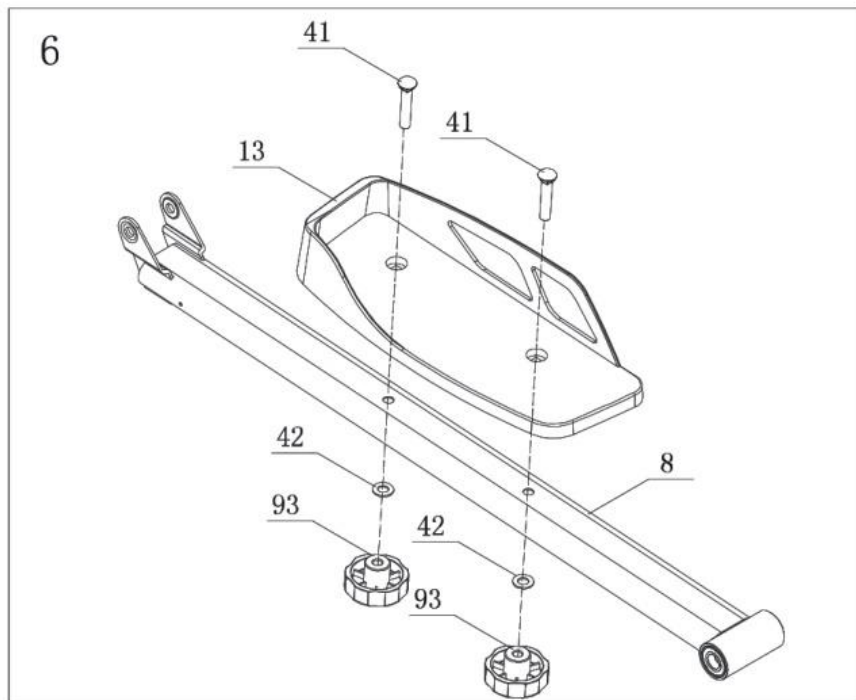


5.A: Spojite drške (6) na pomične stupove (5) s obje strane sa vijcima (35, 40, 36).

5.B: Spojite zaštitu (17/18) na pomične stupove (5) s obje strane vijcima (38).



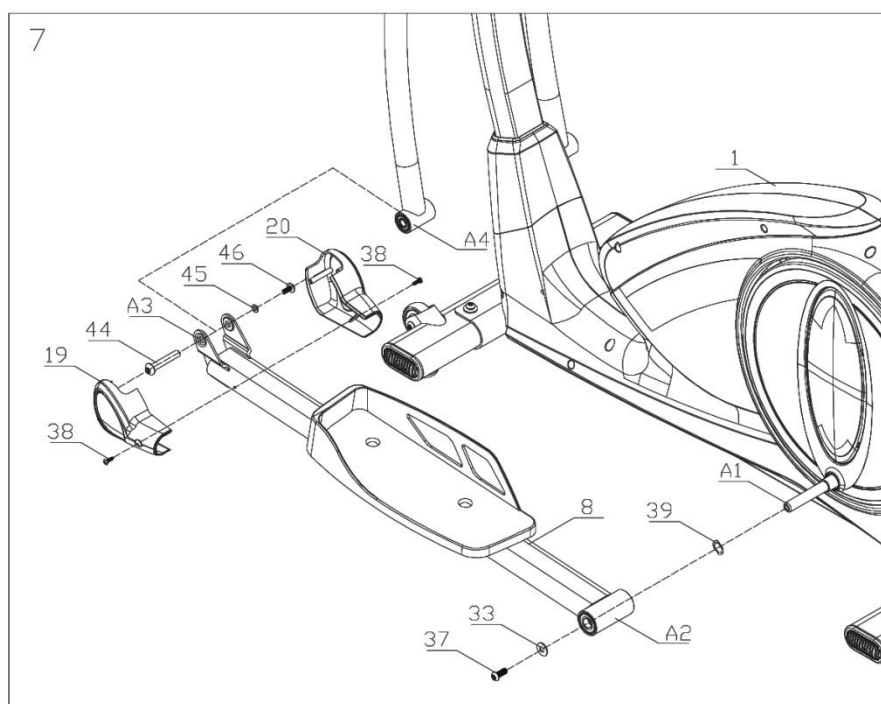
6. Spojite pedalu (13) na podnožje (8) s obje strane. Pričvrstite s vijcima (41, 42, 93).



7.A: Stavite ležaj (39) na osovinu (A1) na glavnom okviru (1) i spojite zadnji dio (A2) podnožja (8) na osovinu (A1). Pričvrstite sa vijcima (33, 37).

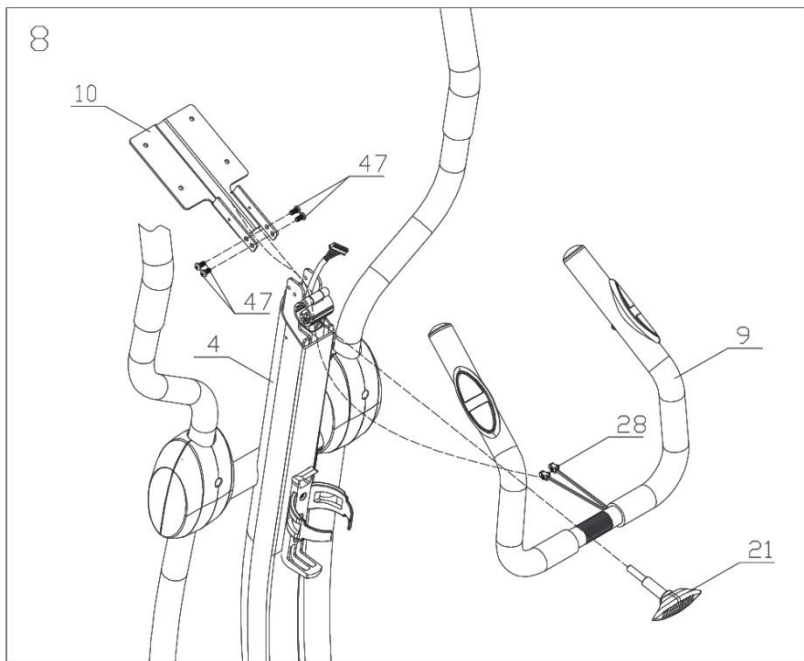
7.B: Spojite prednji dio (A3) podnožja (8) na donji dio (A4) pomičnog stupa (5) sa šupljim vijkom (44) i vijcima (45, 46).

7.C: Zatim postavite zaštitu (19/20) na spoj podnožja (8) i pomičnog stupa (5) na svakoj strani i spojite s vijkom (35).



8.A: Provucite žicu za puls (28) kroz rupu u glavnom stupu (4) i zatim spojite drške (9) na gavni stup (4) sa rotirajućom drškom (21).

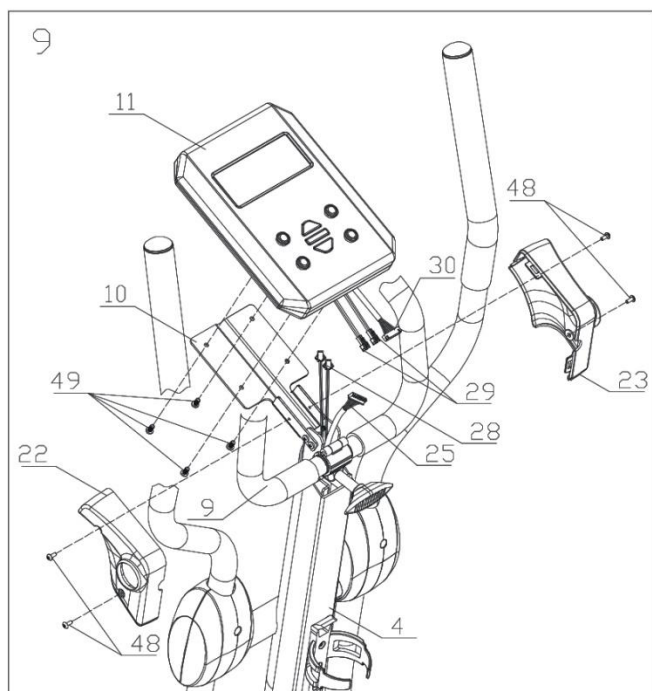
8.B: Spojite stalak za konzolu (10) na gavni stup (4) i pričvrstite vijcima (47).



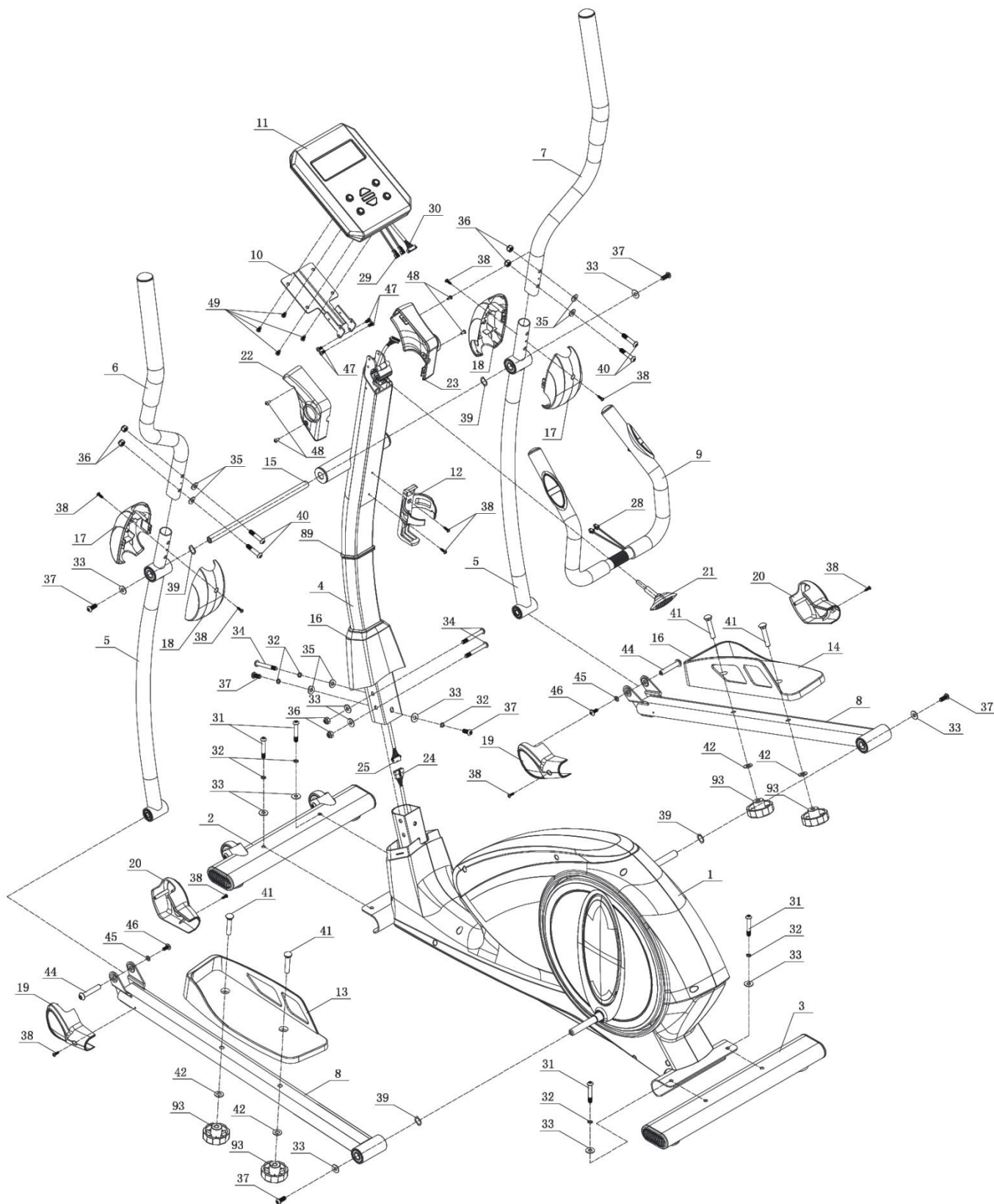
9.A: Spojite komunikacijsku žicu (25) sa žicom od konzole (30). Spojite žicu od pulsa (28) sa žicom iz konzole (29).

9.B: Spojite konzolu (11) na stalak za konzolu (10) sa vijcima (49).

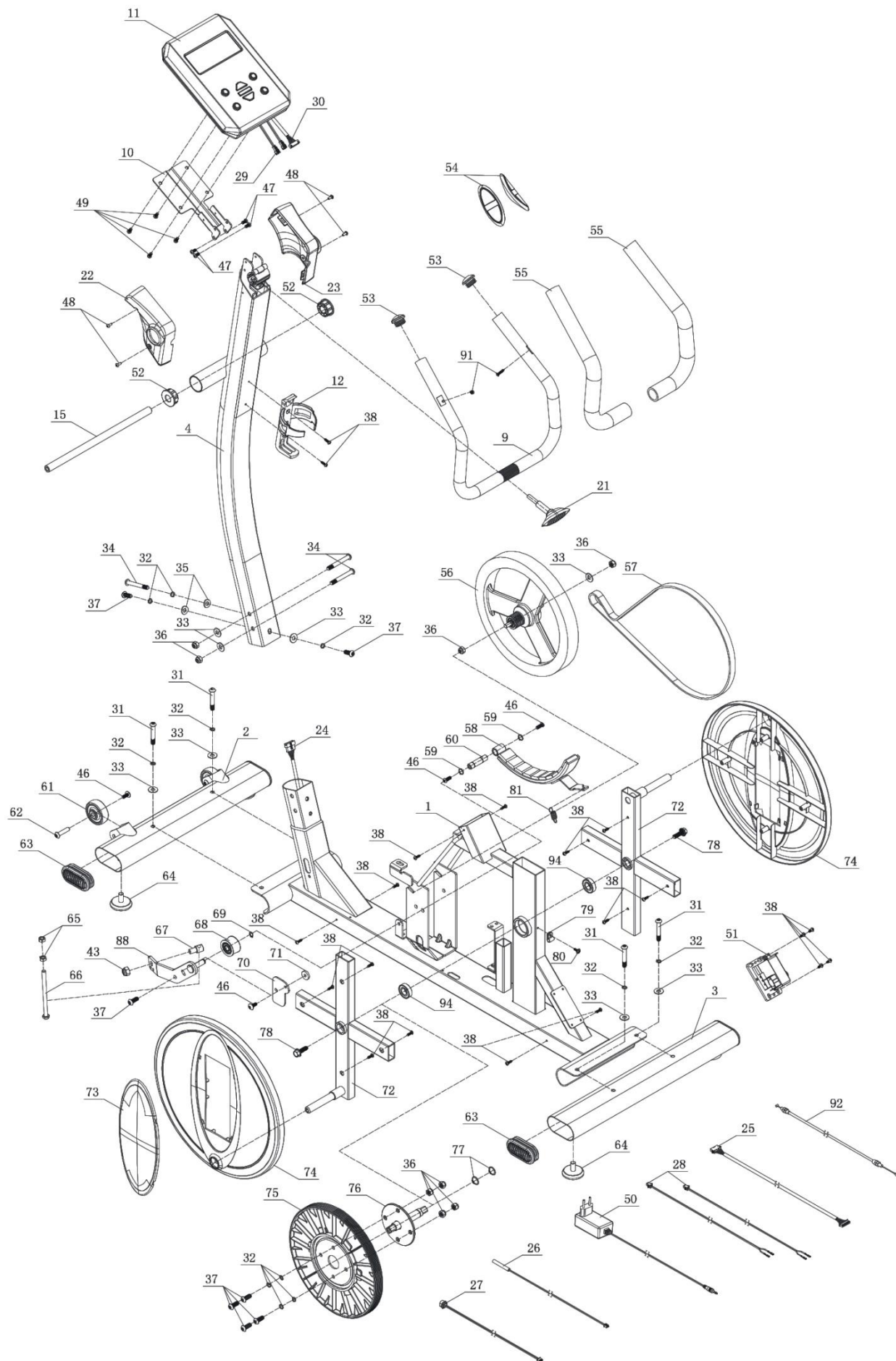
9.C: Provucite zaštitu (22/23) kroz drške (9) sa svake strane i pričvrstite vijcima (48) kao na slici.

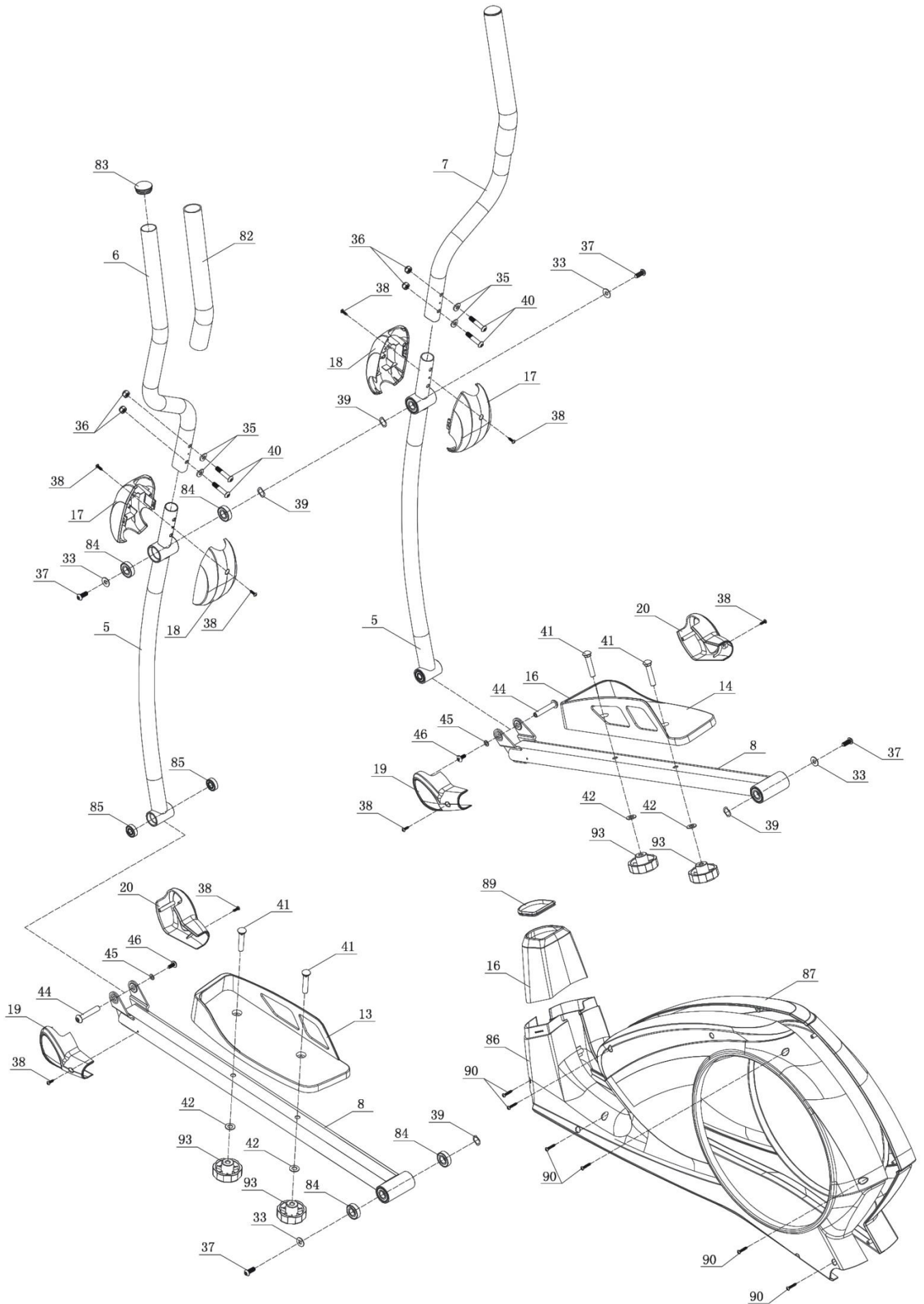


Schema sastavnih djelova



Kompletna shema svih djelova





Funkcije računala:

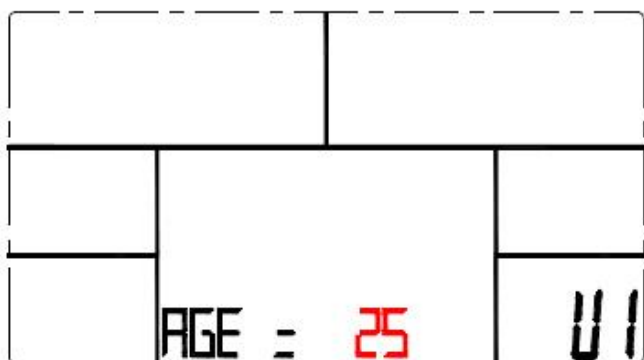
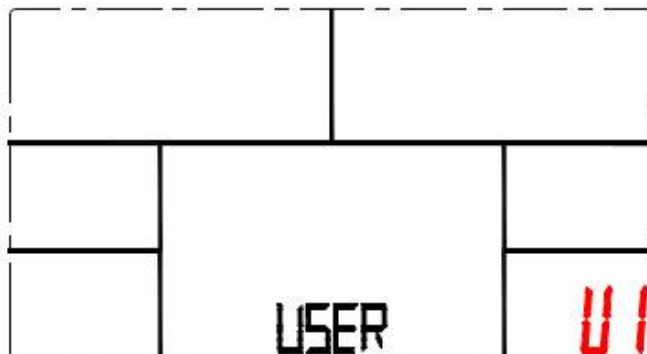
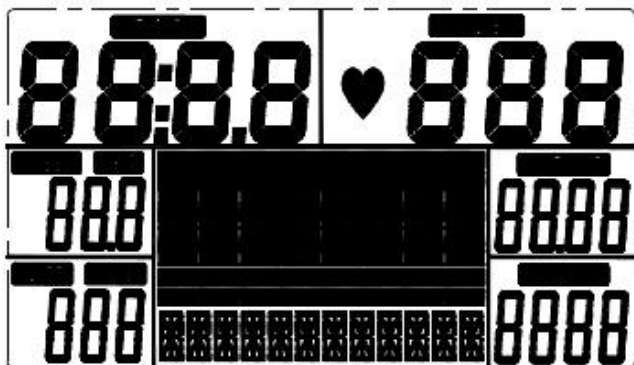
Funkcija	Opis
TIME (vrijeme)	Prikaz proteklog vremena tijekom vježbe. Raspon 0:00 - 99:59
SPEED (brzina)	Prikaz trenutne brzine tijekom vježbanja. Raspon 0,0 - 99,9 kmh
DISTANCE (udaljenost)	Prikaz prijeđene udaljenosti tijekom vježbanja. Raspon 0,0 - 99,9
CALORIES (kalorije)	Prikaz potrošenih kalorije tijekom vježbe. Raspon 0 - 999
PULSE (otkucaji srca)	Prikaz otkucaja srca u minuti. Zvučni signal ako premaši zadanu vrijednost.
RPM (okretaji u minuti)	Broji pune okretaje za vrijeme vježbanja. Raspon 0 - 999
WATTS (potrošnja energije)	Prikaz potrošene energije tijekom vježbanja. Raspon 0 - 350
MANUAL	Ručno namještanje postavki.
PROGRAM	Izbor između 12 predefiniраниh programa.
USER	Korisnik namješta otpor za vrijeme vježbe.
H.R.C.	Namještanje parametara vježbe prema otkucajima srca.
WATT	Namještanje parametara vježbe prema potrošnji energije.

Tipke:

Tipka	Opis
UP (+)	Odabir funkcija ili namještanje vrijednosti
DOWN (-)	Odabir funkcija ili namještanje vrijednosti
MODE	Kada se ne izvodi vježba, služi za potvrdu odabira.
RESET	- Povratak na glavni izbornik tijekom namještanja vrijednosti/načina rada - Držite 2 sekunde i računalo će se ponovno pokrenuti.
START/STOP	Započnite/završite s vježbom
RECOVERY	Izmjerite vrijednost oporavka srca od vježbanja
BODY FAT	Izmjerite postotak masnoće u tijelu i BMI

Upravljanje

Spojite spravu na stuju i uključite je. LCD će se upaliti i prvo će prikazati vrijednost promjera kotača. Nakon toga ulazi u namještanje profila korisnika (U1 - U4: dob, spol, visina, težina). Ako prođe 4 minute bez interakcije, računalo će prijeći u Stand-by način rada. Pritisnite bilo koju tipku da "probudite" računalo.



Ručne postavke

Kada ste u glavnom izborniku, pritisnite tipku START/STOP i ući ćete direktno u način rada s ručnim postavkama.

1. Pritisnite Up ili Down da odaberete program, odaberite MANUAL i pritisnite tipku MODE da potvrdite odabir.
2. Pritisnite tipke TIME, DISTANCE, CALORIES, PULSE da bi postavili željene vrijednosti. Pritisnite tipku MODE da potvrdite odabir.
3. Pritisnite tipku START/STOP da počnete s vježbom.
4. tijekom vježbe pritisnite tipke UP ili DOWN da mijenjate vrijednosti otpora (1 do 32).
5. Pritisnite tipku START/STOP tijekom vježbanja da zaustavite vježbu. Pritisnite tipku RESET da se vratite u glavni izbornik.



Predefinirani programi

1. Pritisnite tipke UP ili DOWN da birate među načinima rada i odaberite PROGRAM, pritisnite tipku MODE da potvrdite odabir. Odaberite između P01-P12 programa i pritisnite tipku MODE da potvrdite odabir.
2. Tipkama UP i DOWN namjestite željenu vrijednost vrmena.
3. Pritisnite tipku START/STOP da počnete s vježbom.
4. Tijekom vježbe pritisnite tipke UP ili DOWN da namjestite vrijednost otpora (1 do 32).
5. Pritisnite tipku START/STOP tijekom vježbanja da zaustavite vježbu. Pritisnite tipku RESET da se vratite u glavni izbornik.



Korisnički program

1. Pritisnite tipke UP ili DOWN da birate među načinima rada i odaberite USER PROGRAM, pritisnite tipku MODE da potvrdite odabir.
2. Tipkama UP i DOWN namjestite vrijednosti otpora za svaki segment (potrebno je namjestiti ukupno 20 segmenata).
3. Držite tipku MODE 2 sekunde da završite ili da izađate.
4. Koristite tipke UP i DOWN da namjestite vrijeme.
5. Pritisnite tipku START/STOP za početak vježbe.
6. Pritisnite tipku START/STOP tijekom vježbanja da zaustavite vježbu. Pritisnite tipku RESET da se vratite u glavni izbornik.
7. Tijekom vježbanja tipkama UP i DOWN možete mijenjat vrijednost otpora (1 do 32).

Otkucaji srca

1. Pritisnite tipke UP ili DOWN da birate među načinima rada i odaberite H.R.C., pritisnite tipku MODE da potvrdite odabir.
2. Pritisnite UP i DOWN tipkeda odaberete između H.R.C. 55%, H.R.C. 75%, H.R.C. 90% ili H.R.C. AG (početna vrijednost 100).
3. Koristite tipke UP i DOWN da namjestite vrijeme.
4. Pritisnite tipku START/STOP tijekom vježbanja da zaustavite vježbu. Pritisnite tipku RESET da se vratite u glavni izbornik.
5. Ako nema otkucaja srca tijekom vježbanja, čuti ćete zvučni alarm.



Potrošnja energije

1. Pritisnite tipke UP ili DOWN da birate među načinima rada i odaberite WATT, pritisnite tipku MODE da potvrdite odabir.
2. Tipkama UP i DOWN namjestite željenu vrijednost potrošnje energije (početna vrijednost 120) i pritisnite tipku MODE da potvrdite odabir.
3. Koristite tipke UP i DOWN da namjestite vrijeme.
4. Pritisnite tipku START/STOP tijekom vježbanja da zaustavite vježbu. Pritisnite tipku RESET da se vratite u glavni izbornik.
5. Tipkama UP i DONE možete mijenjati WATT vrijednost tijekom vježbanja.

Tjelesna masnoća

1. Pritisnite tipku BODY FAT kad se vježba ne izvodi. Držite čvrsto ručke na mjestu gdje se nalazi sensor za otkucaje srca.
2. LCD zaslon će prikazati "- - - - -". Nakon 8 sekundi će se prikazati postotak tjelesne masnoće, BMI, i simboli debljine.
3. Prikazati će se sljedeći simboli u situacijama objašnjenim ispod:

"E-1" znači da korisnik nije pravilno postavio ruku na sensor.

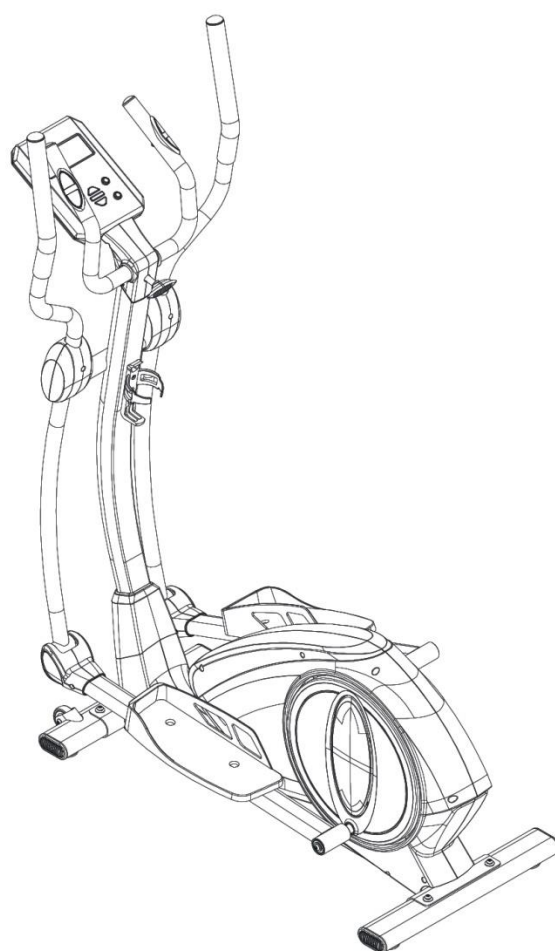
"E-4" znači da je postotak tjelesne mase i BMI iznad raspona mjerenja.

BMI	LOW-nisko	LOW/MID- srednje nisko	MID - srednje	MID/HIGH - visoko
Raspon	<20	20-24	24,1-26,5	>26,5

Simbol	-	+	▲	◆
Postotak masnoće	Nizak	Srednje nizak	Srednji	Visoki
Muško	<13%	13% - 25,9%	26% - 30%	>30%
Žensko	<23%	23% - 35,9%	36% - 40%	>40%

XPLORER HERO

ELIPTIK



UPORABNIŠKI PRIROČNIK

Varnostni ukrepi

POZORILLO: To sobno kolo je zasnovano tako, da nudi kar najvišjo varnost v času uporabe, vendar je kljub temu potrebno upoštevati nekaj pravil, da se izognete nepotrebni poškodbam in kvarom.

- Pred uporabo preučite ta navodila.
- Otroke in hišnje ljubljence ne pustite blizu naprave brez nadzora.
- Redno preverjajte vse sestavne dele i njih po potrebi zamenjajte.
- Sobno kolo postavite na ravno površino z vsaj 1m prostora na vseh straneh. Za zaščito tal priporočamo, da kolo postavite na preprogo.
- Sobno kolo naj bo v suhem prostoru brez vlage in prahu. V prostoru, kjer vadite je dobro imeti prezračevanje.
- Pri vadbi nosite udobno obleko in obutev ter se izogibajte pretirano širokim oblačilom, da se z njim ne bi zpletli z napravo.
- Največja dovoljena teža uporabnika je 120kg! Če presegate to težo se prosimo odločite za drugi model sobnega kolesa.
- To napravo lahko koristi le ena oseba hkrati. Nikoli ne poskušajte uporabljati napravo dve ali več oseb hkrati!
- Če pri vadbi začutite slabost ali vrtoglavico, takoj prenehajte z vadbo in se posvetujte z svojim zdravnikom.

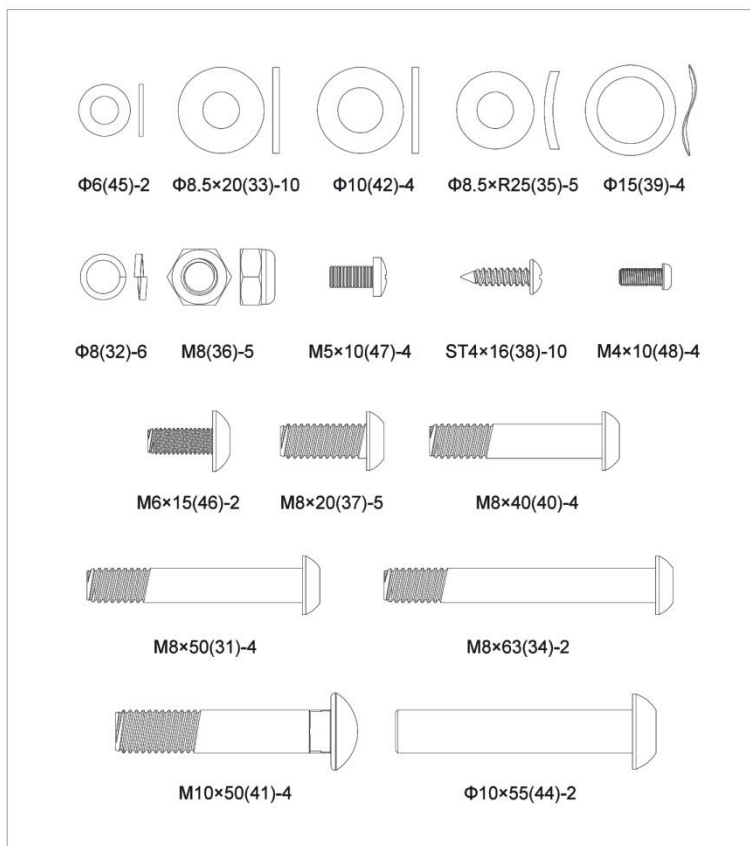
Če se rehabilitirate po bolezni ali če imate naslednje simptome, se pred vadbo s tem sobnim kolesom posvetujte s svojim zdravnikom.

- Bolečine in otrdelost sklepov
- Anamorfni artritis, reuma ali bolečine v kosteh
- Osteoporoza ali druga odstopanja
- Bolezni srca, krvno bolezen, hipertenzijo ali podobno
- Težave z dihanjem
- Dijabetes ali podobne bolezni

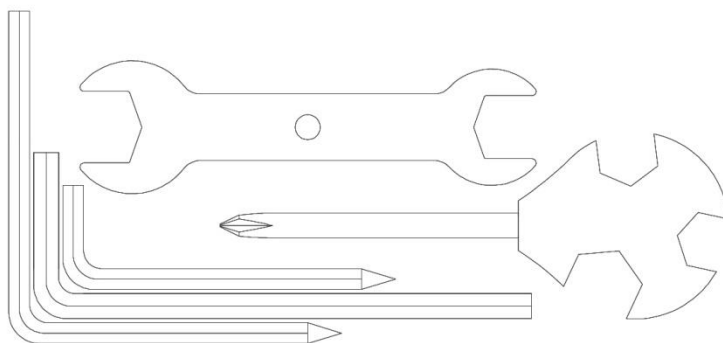
Če imate kakršnekoli simptome bolezni, tudi tiste, ki zgoraj niso omenjene, se pred vadbo posvetujte s svojim zdravnikom.

Pred sestavljanjem:

Odprite vse škatle in preverite, če so v njih vsi sestavni deli. Primerjajte jih s slikami spodaj. Če karkoli manjka, se povežite s proizvajalcem/prodajalcem.

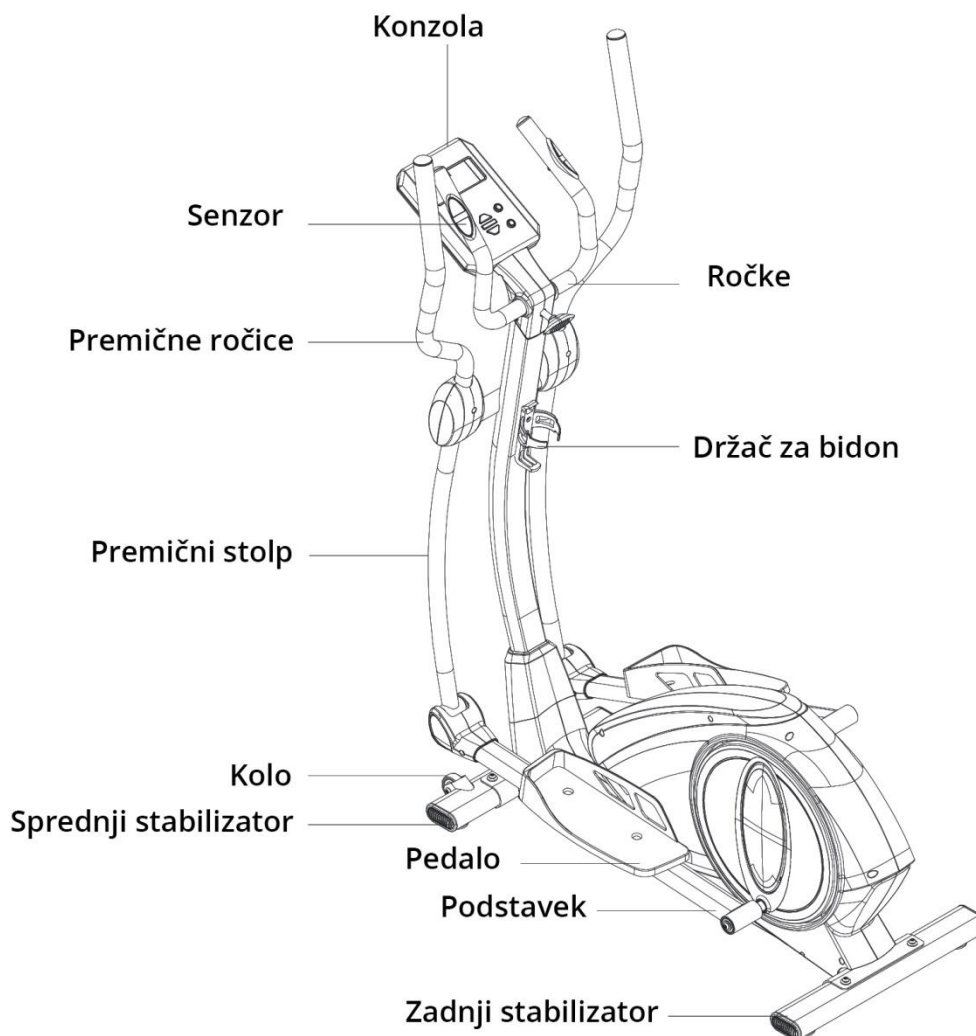


Br.	Naziv	Specifikacije	Kom.
31	Allen C.K.S. half thread screw	M8×50×20	4
32	Spring washer	Φ8	7
33	Flat washer	Φ8.5×Φ20×t1.5	11
34	Allen C.K.S. half thread screw	M8×63×20	3
35	Curve washer	Φ8.5×R25×t2.0	6
36	Hex self-locking nut	M8	6
37	Allen C.K.S. full thread screw	M8×20	6
38	Philips C.K.S. self-tapping screw	ST4×16	10
39	Wave spring washer	Φ15	4
40	Allen C.K.S. half thread screw	M8×40×20	4
41	carriage screw	M10×50×20	4
42	Flat washer	Φ10	4
44	Allen C.K.S. hollow screw	Φ10×56.5-M6×20	2
45	Flat washer	Φ6	2
46	Allen C.K.S. full thread screw	M6×15	2
47	Philips C.K.S. full head screw	M5×10	4
48	Philips C.K.S. full head screw	M4×10	4



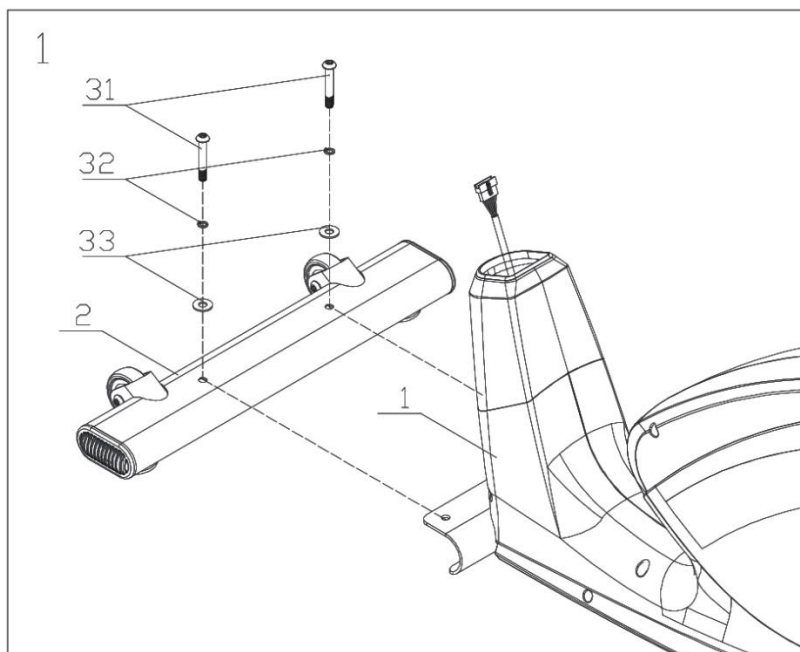
Naziv	Specifikacije	kom.
L-shape wrench	5×80×80S	1
L-shape wrench	5×35×85S	1
L-shape wrench	6×40×120	1
Cross spanner	15#&17#	1
Cross open spanner		1

Pred sestavljanjem zberite vso orodje tako, da ga imate vedno pri roki, ko ga potrebujete. Očistite delovno površino. Prverite, če imate dovolj prostora, da lahko brez težav sestavite napravo.

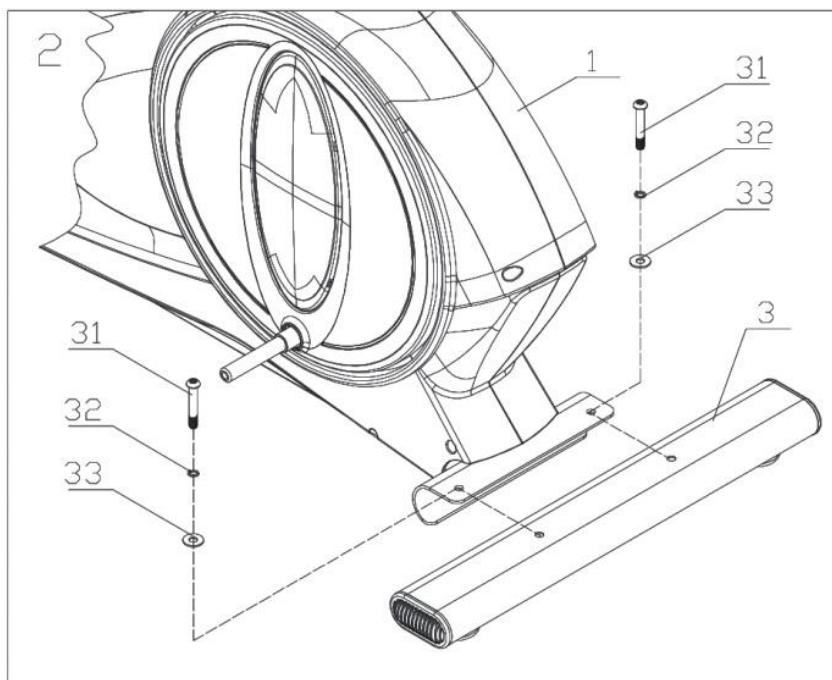


Navodila za sestavljanje

Povežite sprednji stabilizator (2) na glavni okvir (1) z vijaki (33, 32, 31).



Povežite zadnji stabilizator (3) na glavni okvir (1) z vijaki (33, 32, 31).



3.A: Postavite okrasno linijo (89) na glavni steber (4). Vzamite zaščito glavnega stebra (16) iz glavnega okvirja (1) in postavite na glavni steber (4) kot na sliki.

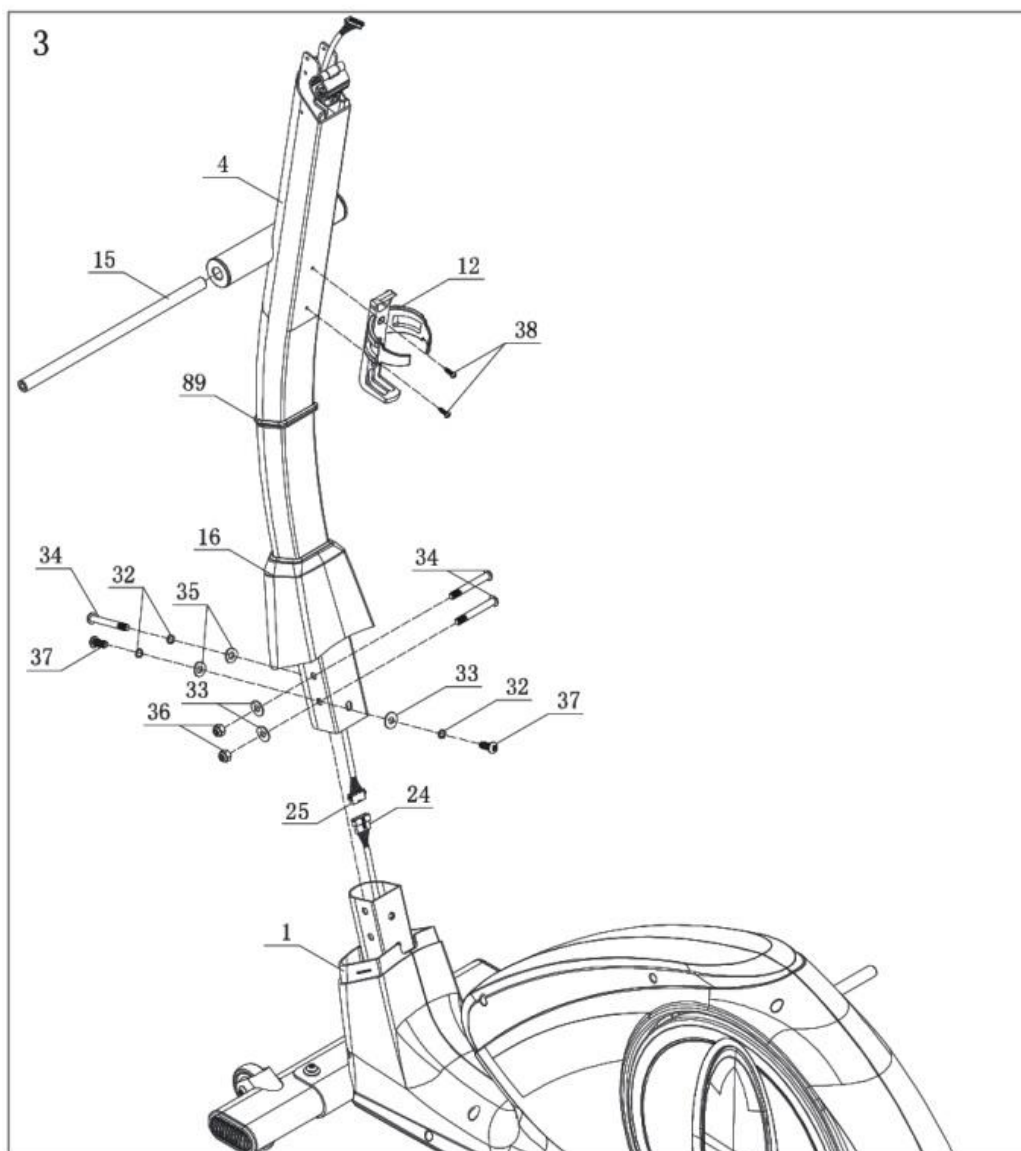
3.B: Povežite žico motorja (24) in žico konzole (25).

3.C: povežite glavni steber (4) na glavni okvir (1) z vijki (32, 34, 33, 37, 36, 30) kot na sliki.

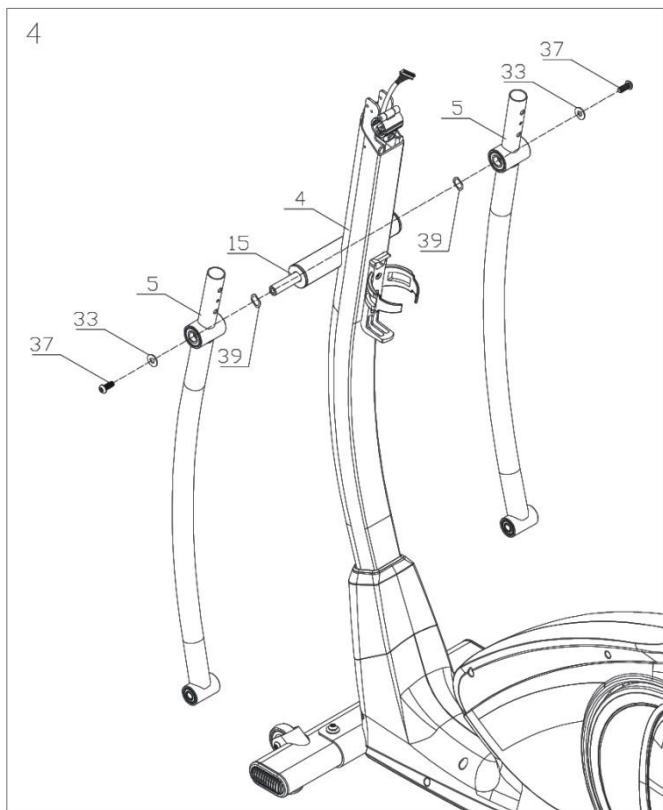
3.D: Povežite zaščito glavnega stebra (16) in okrasno linijo (89) na glavni okvir (1)

3.E: Povežite držalo za bidon (14) na glavni steber (4) z vijakom (38).

3.F: Povežite os (15) na glavni steber (4).

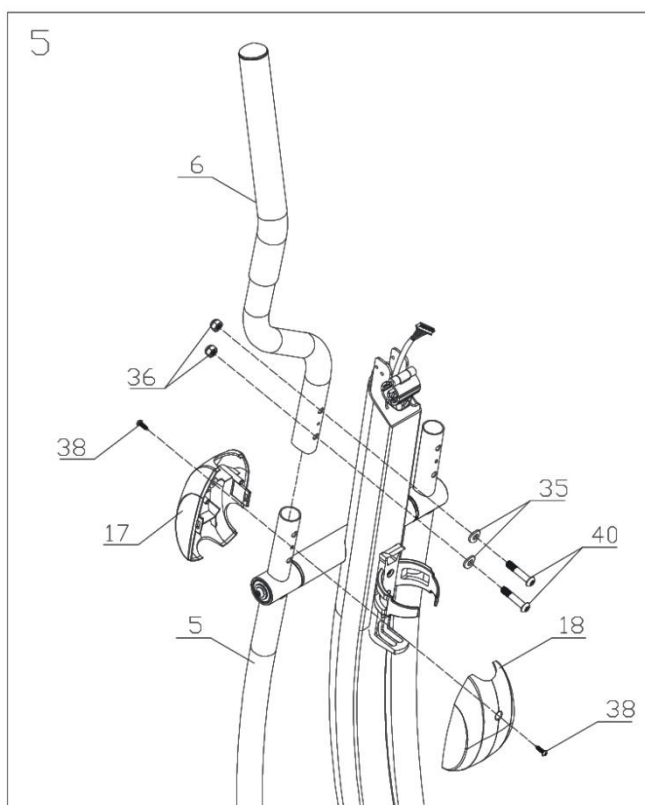


4. Postavite ležaje (39) na os (15), potem povežite pomične stolpe(5) na os (15) z obeh strani z vijaki (33, 37).

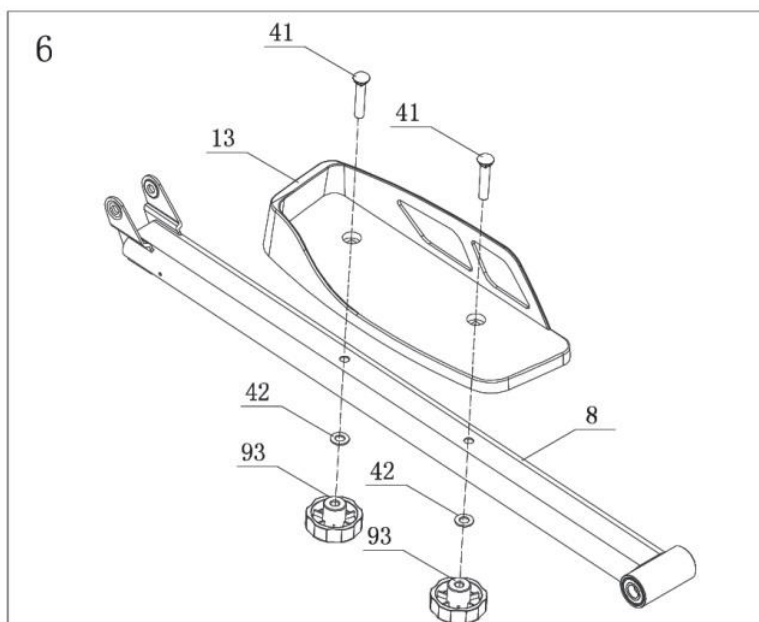


5.A: Privijte držala (6) na pomične stolpe (5) z obeh strani z vijaki (35, 40, 36).

5.B: Spojite zaščito (17/18) na pomične stolpe (5) z obeh strani z vijaki (38).



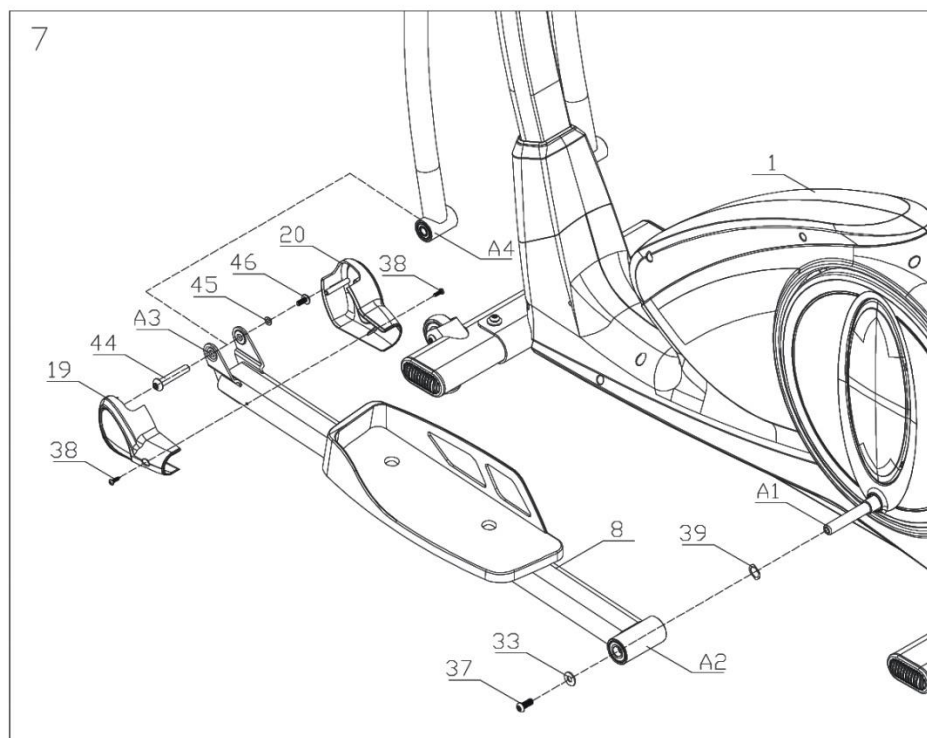
6. Privite pedal (13) na podnožje (8) z obeh strani. Pričvrstite z vijaki (41, 42, 93).



7.A: Postavite ležaj (39) na os (A1) na glavnem okvirju (1) in pivajte zadnji del (A2) podnožja (8) na os(A1). Pričvrstite z vijaki (33, 37).

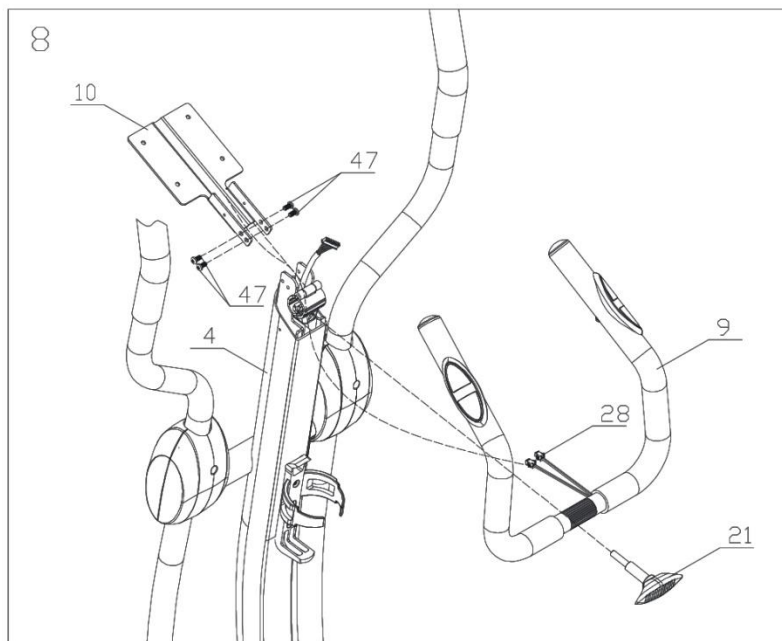
7.B: Privijte sprednji del (A3) podnožja (8) na spodnji del (A4) pomičnega stolpa (5) z votlim vijakom (44) in vijaki (45, 46).

7.C: Za tem postavite zaščito (19/20) na spoj podnožja (8) in pomičnega stolpa (5) na vsaki strani in privijte z vijakom (35).



8.A: potegnite žico za pulz (28) skozi odprtino v glavnem stolpu (4) in potem privijte držali (9) na gavni stolp(4) z vrtljivo ročko (21).

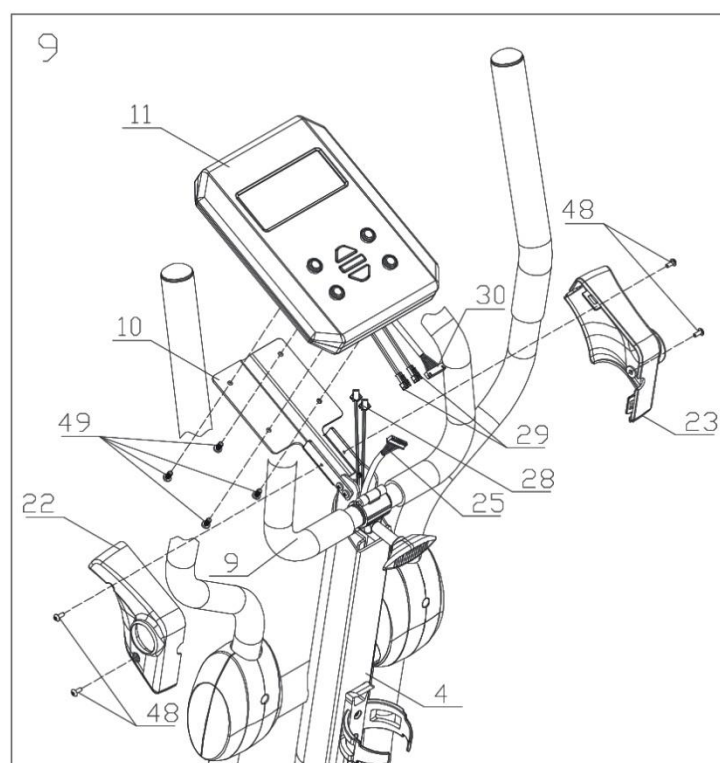
8.B: Privijte stojalo za konzolo (10) na gavni stolp (4) in privijte v vijaki (47).



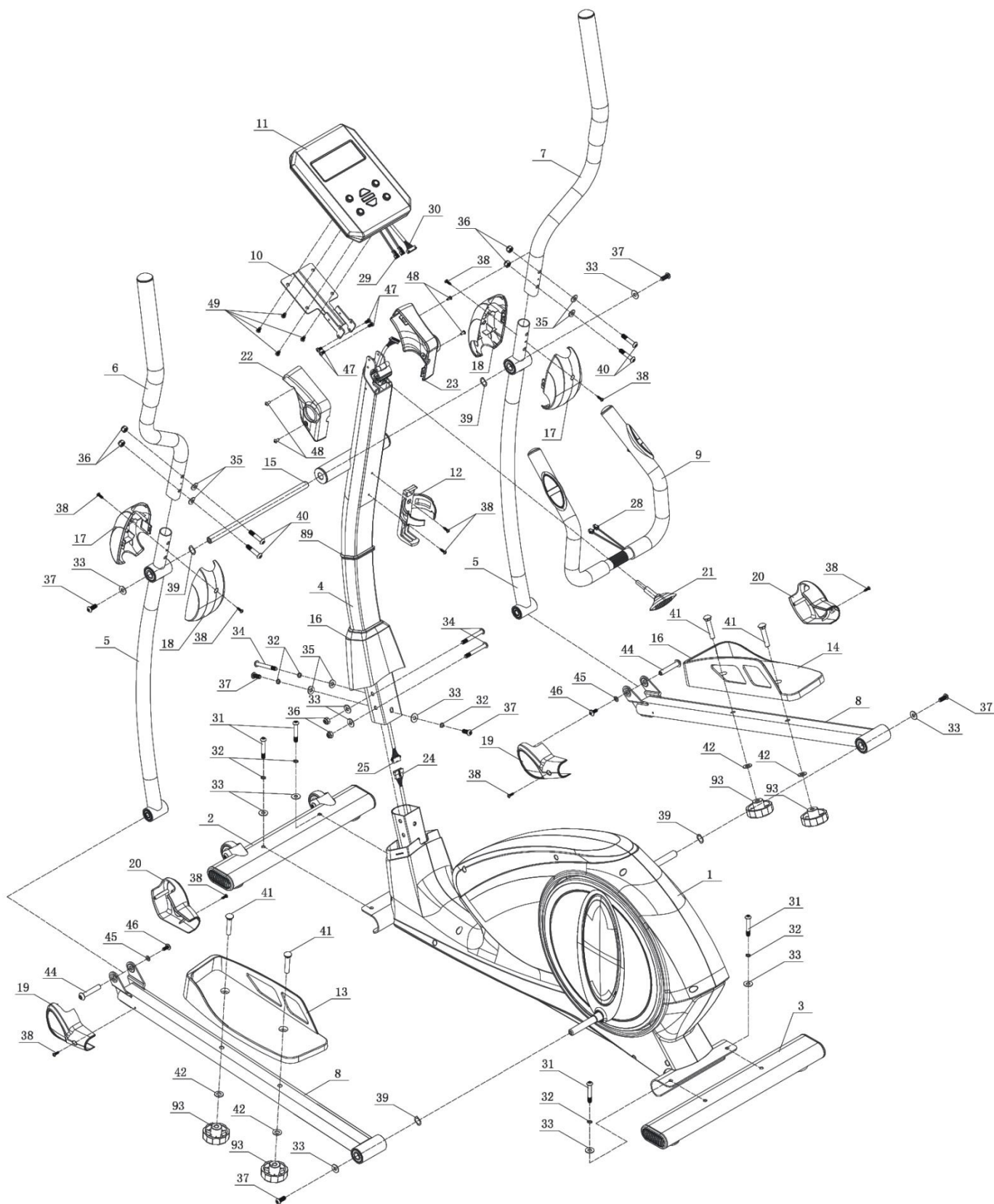
9.A: Povežite komunikacijsko žico (25) s žic konzole (30). Povežite žico pulza (28) s žico konzole (29).

9.B: Privijte konzolo (11) na stojalo konzole (10) z vijaki (49).

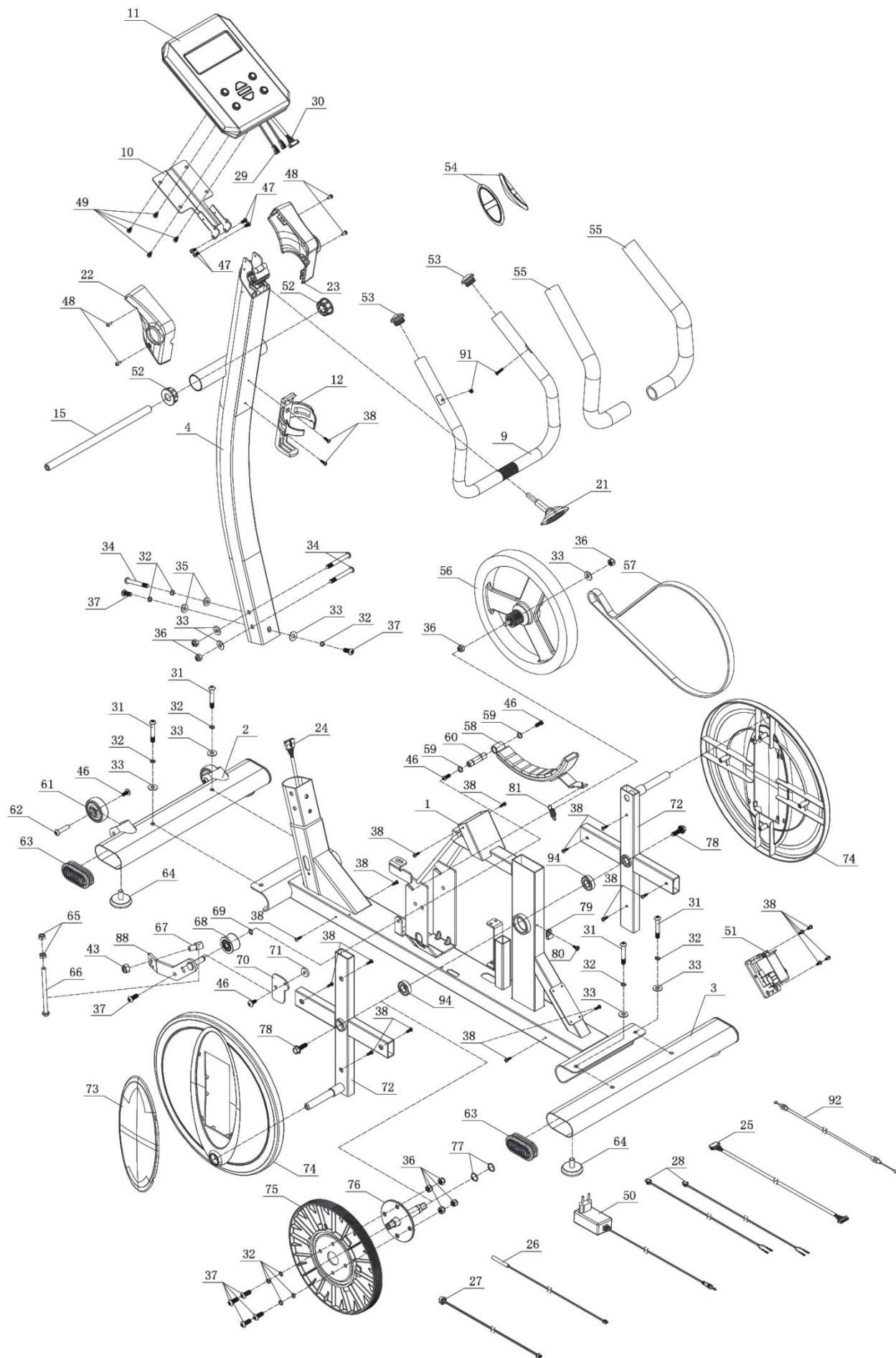
9.C: Prekrijte z zaščito (22/23) ročke (9) z vsake strani in pričvrstite z vijaki (48) kot na sliki.

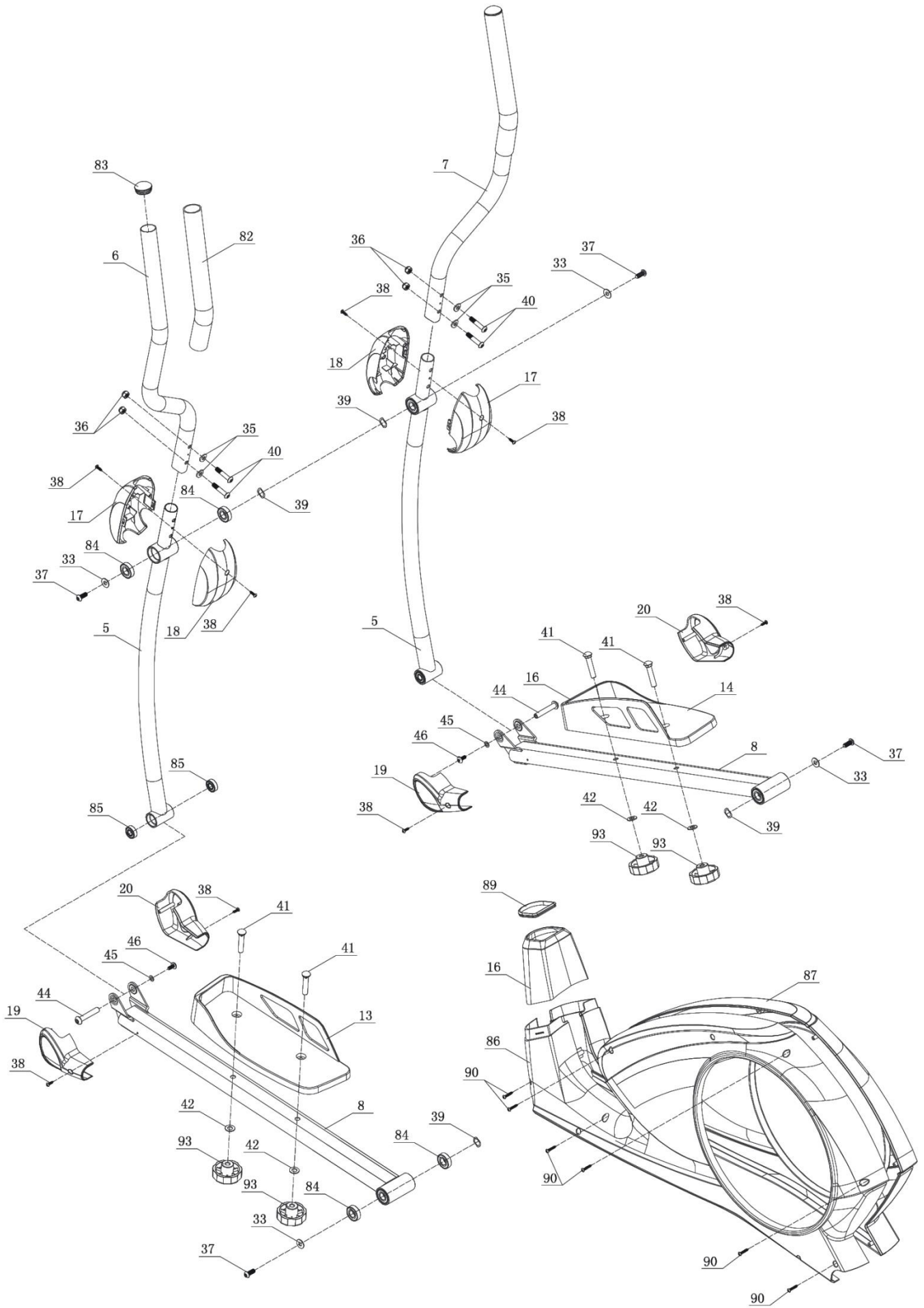


Shema sestavnih delov



Kompletna shema izdelka





Funkcije računalnika:

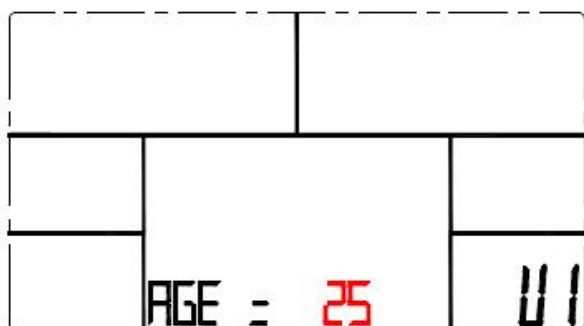
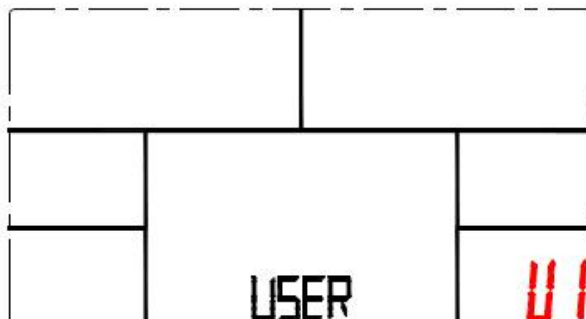
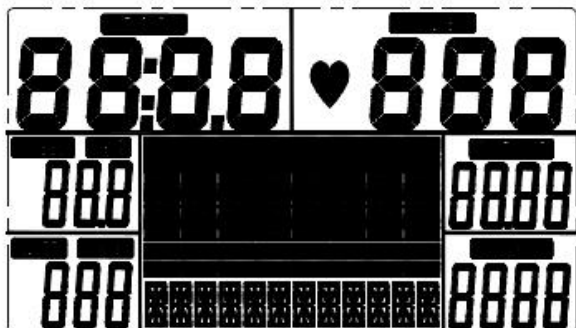
Funkcija	Opis
TIME (čas)	Prikaz časa vadbe. Razpon: 0:00 - 99:59
SPEED (hitrost)	Prikaz vrednosti hitrosti pri vadbi. Razpon: 0,0 - 99,9
DISTANCE (oddaljenost)	Prikaz prevožene razdalje. Razpon: 0,0 - 99,9
CALORIES (kalorije)	Prikaz porabe kalorij. Razpon: 0 - 999
PULSE (srčni utrip)	Prikaz vrednosti pulsa pri vadbi. Zvočni signal se bo aktiviral, ko je pulz nastavljen meje.
RPM (obrati v minuti)	Obrati v minuti. Razpon: 0 - 999
WATTS (poraba energije)	Prikaz porabe energije pri vadbi. Razpon: 0 - 350
MANUAL	Način dela z ročnim postavitvami.
PROGRAM	Izbor med 12 prednastavljenimi programi/načini dela.
USER	Način dela, kjer uporabnik nastavlja vrednosti opora.
H.R.C.	Merjenje srčnega utripa.
WATT	Način dela, kjer uporabnik nastavlja porabo moči.

Tipke:

Tipka	Opis
UP (+)	Tipka za povečanje vrednosti ali izbiro funkcij iz nabornika
DOWN (-)	Tipka za zmanjševanje vrednosti ali izbiro funkcije iz nabornika
ENTER	Tipka potrjevanje izbora (v mirovanju)
RESET	- Ko se zadrži 2 sekundi ali več, računalnik se bo ponovno zagnal- Povrnitev v glavni nabornik (ko nastavljate parametre vadbe)
START/STOP	Začnete ali prekinete vadbo
RECOVERY	Testiranje vrednosti umiritve od vadbe (koliko je potrebno, da srce začne normalno utripati po naporu)
BODY FAT	Testiranje deleža maščobv telesu in BMI vrednosti

Upravljanje

Priklopite napravo na elektriko. LCD se bo prižgal in najprej pokazal vrednosti premer koles. Za tem se vstopi v nastavljanje profila uporabnika (U1 - U4: dob, spol, višina, teža). Če 4 minute ni interakcije, se računalnik preklopi v stanje Stand-by. Pritisnite katerokoli tipko da "prebudite" računalnik.



Ročne postavke

Ko v glavnem naborniku pritisnete tipko START/STOP, vstopite neposredno v ročni način dela s postavkami.

6. Pritisnite Up ali Down da izberete program, izberite MANUAL in pritisnite tipko MODE da potrdite izbor.
7. Pritisnite tipke TIME, DISTANCE, CALORIES, PULSE, da bi nastavili željene vrednosti. Pritisnite tipko MODE da potrdite izbor.
8. Pritisnite tipko START/STOP, da začnete z vadbo.
9. Med vadbo pritisnite tipki UP ali DOWN, da menjate vrednosti odpora (1 do 32).
10. Pritisnite tipko START/STOP med vadbo, da zaustavite vajo. Pritisnite tipko RESET, da se vrnete v glavni nabornik.



Prednastavljeni programi

6. Pritisnite tipki UP ali DOWN da izberete med način dela in izberete PROGRAM, pritisnite tipko MODE da potrdite izbor. Izberite med P01-P12 programi in pritisnite tipko MODE, da potrdite izbor.
7. S tipkama UP in DOWN nastavite željeno vrednost časa.
8. Pritisnite tipko START/STOP, da začnete z vadbo.
9. Med vadbo pritisnite tipki UP ali DOWN, da nastavite vrednosti odpora (1 do 32).
10. Pritisnite tipko START/STOP med vadbo, da zaustavite vajo. Pritisnite tipko RESET, da se vrnete v glavni nabornik.



Uporabniški program

8. Pritisnite tipki UP ali DOWN da izberete med načinom dela in izberite USER PROGRAM, pritisnite tipko MODE, da potrdite izbor.
9. S tipkama UP in DOWN nastavite vrednosti odpora za svak segment (potrebno je nastaviti skupaj 20 segmentov).
10. Držite tipko MODE 2 sekundi, da zaključite ali izstopite.
11. Uporabite tipki UP in DOWN, da nastavite čas.
12. Pritisnite tipko START/STOP za začetek vadbe.
13. Pritisnite tipko START/STOP med vadbo, da zaustavite vajo. Pritisnite tipko RESET, da se vrnete v glavni nabornik.
14. Med vajo s tipkama UP in DOWN lahko menjate vrednosti odpora (1 do 32).

Srčni utrip

6. Pritisnite tipki UP ali DOWN, da izberete med načinom dela in izberite H.R.C., pritisnite tipko MODE, da potrdite izbor.
7. Pritisnite UP in DOWN tipki, da izberete med H.R.C. 55%, H.R.C. 75%, H.R.C. 90% ali H.R.C. AG (začetna vrednost 100).
8. Uporabite tipki UP in DOWN, da nastavite čas.
9. Pritisnite tipko START/STOP med vadbo, da zaustavite vajo. Pritisnite tipko RESET, da se vrnete v glavni nabornik.
10. Če med vajo ni zaznan srčni utrip, boste zaslišali zvočni signal.



Poraba energije

6. Pritisnite tipki UP ali DOWN, da izberete med načinom dela in izberitee WATT, pritisnite tipko MODE, da potrdite izbor.
7. S tipkama UP in DOWN nastavite željeno vrednost porabe energije (začetna vrednost 120) in pritisnite tipko MODE, da potrdite izbor.
8. Uporabite tipki UP in DOWN, da nastavite čas.
9. Pritisnite tipko START/STOP med vadbo, da zaustavite vajo. Pritisnite tipko RESET, da se vrnete v glavni nabornik.
10. S tipkama UP in DOWN lahko menjate WATT vrednosti med vadbo.

Telesna maščoba

4. Pritisnite tipko BODY FAT , v mirovanju. Čvrsto držite ročke na mestu senzorjev za srčni utrip.
5. LCD zaslon bo prikazal "- - - - -". Po 8 sekundah se bo prikazal odstotek telesne maščobe, BMI, in simbol debelosti.
6. Prikazali se bodo naslednji simboli::

"E-1" pomeni, da uporabnik ni pravilno postavil roko na senzor.

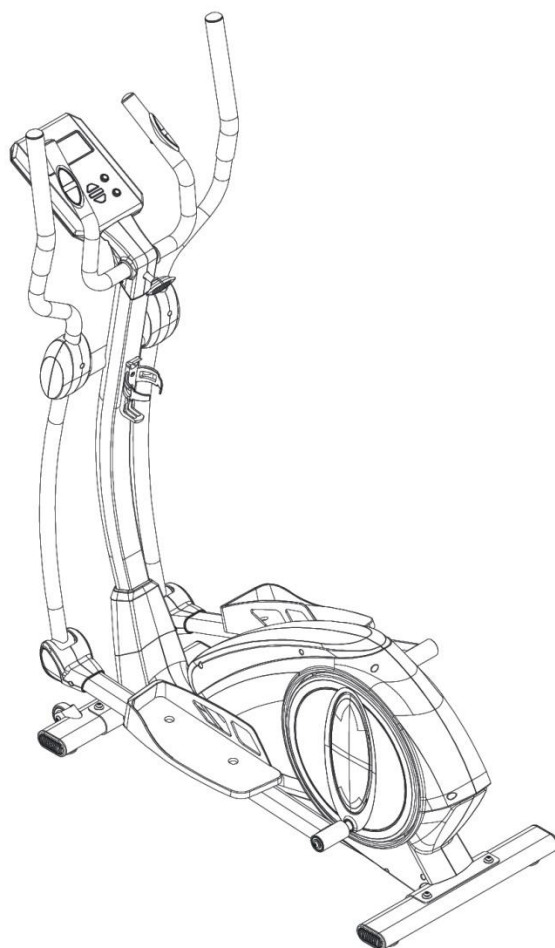
"E-4" pomeni, da je odstotek telesnih maščob in mase BMI iznad razpona merjenja.

BMI	LOW-nizko	LOW/MID- srednje nizko	MID - srednje	MID/HIGH - visoko
Razpon	<20	20-24	24,1-26,5	>26,5

Simbol	-	+	▲	◆
Odstotek maščobe	Nizek	Srednje nizek	Srednji	Visoki
Muški	<13%	13% - 25,9%	26% - 30%	>30%
Ženske	<23%	23% - 35,9%	36% - 40%	>40%

XPLOERER HERO

ELIPTIČNI TRENAŽER



PRIRUČNIK ZA KORISNIKE

Mere opreza

OPREZ: Ovaj sobni bicikl je dizajniran da pruži maksimalnu sigurnost tokom korišćenja, ali ipak je potrebno slediti neka pravila da bi izbegli ozlede i oštećenja:

- Pre korišćenja proučite ovaj dokument.
- Držite decu i kućne ljubimce dalje od ove sprave, i ne puštajte ih blizu bez nadzora.
- Proveravajte sve delove redovno i zamenite ih po potrebi.
- Postavite sobni bicikl na ravnu površinu, a barem 1m slobodnog prostora sa svih strana. Da bi zaštitili pod od oštećenja, preporučujemo da koristite podmetač ispod sprave.
- Držite sobni bicikl u interijeru, što dalje od vlage ili prašine. Dobro je imati ventilaciju u sobi u kojoj se nalazi.
- Nosite prigodnu odeću i obuću tokom vežbanja. Izbegavajte opuštenu i široku odeću, jer bi mogla zapeti u spravi.
- Maksimalna težina korisnika za ovu spravu je 150kg! Ako niste u tom rangu, predlažemo da kupite drugi model eliptičnog trenažera.
- Ova sprava je namenjena da je koristi samo jedna osoba. Nikad ne pokušavajte vežbati sa 2 ili više osobe odjednom!
- Ako osećate bol ili vrtoglavicu tokom vežbanja, odmah prestanite s vežbom i kontaktirajte doktora.

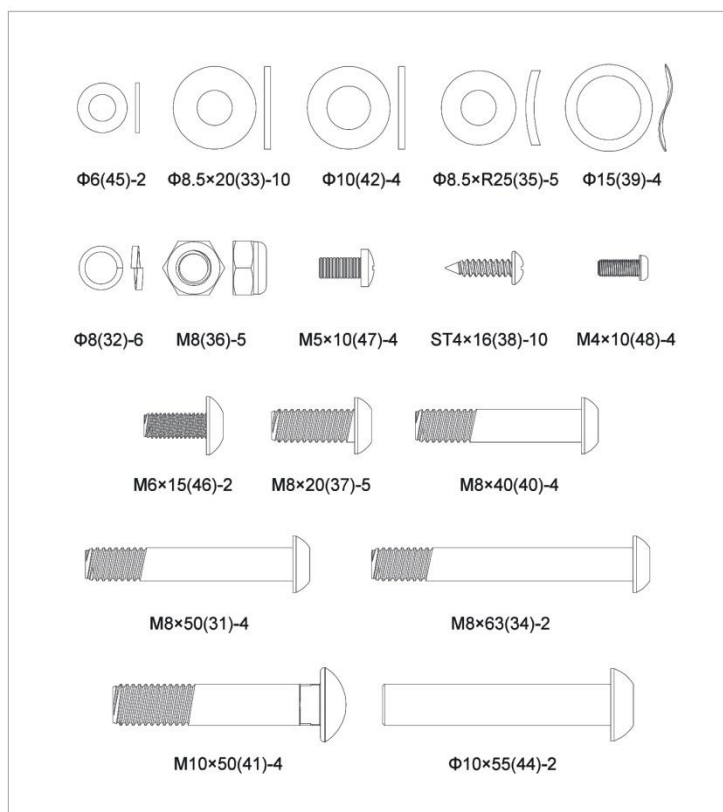
Ako se oporavljate od bolesti ili imate sledeće simptome, posavetujte se sa svojim doktorom pre nego što počnete koristiti eliptični trenažer:

- Bolovi ili utrnulost u zglobovima
- Anamorfnii artritis, reuma ili bol u kostima
- Osteoporoza ili druge abnormalnosti
- Srčana bolest, krvna bolest, hipertenzija i slično
- Problemi sa disanjem
- Dijabetes ili slične bolesti

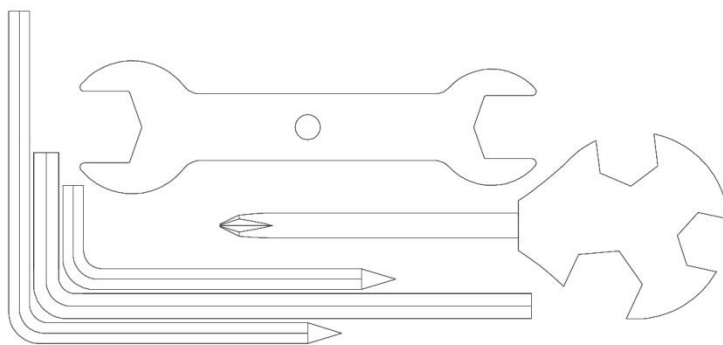
Ako imate bilo kakve simptome bolesti, čak i ako nisu spomenuti iznad, posavetujte se sa svojim doktorom pre nego što počnete vežbati.

Pre sastavljanja:

Otvorite sve kutije i proverite da li su svi delovi na broju. Uporedite sa slikama i tablicama ispod. Ako nešto fali, kontaktirajte prodavca/proizvođača.

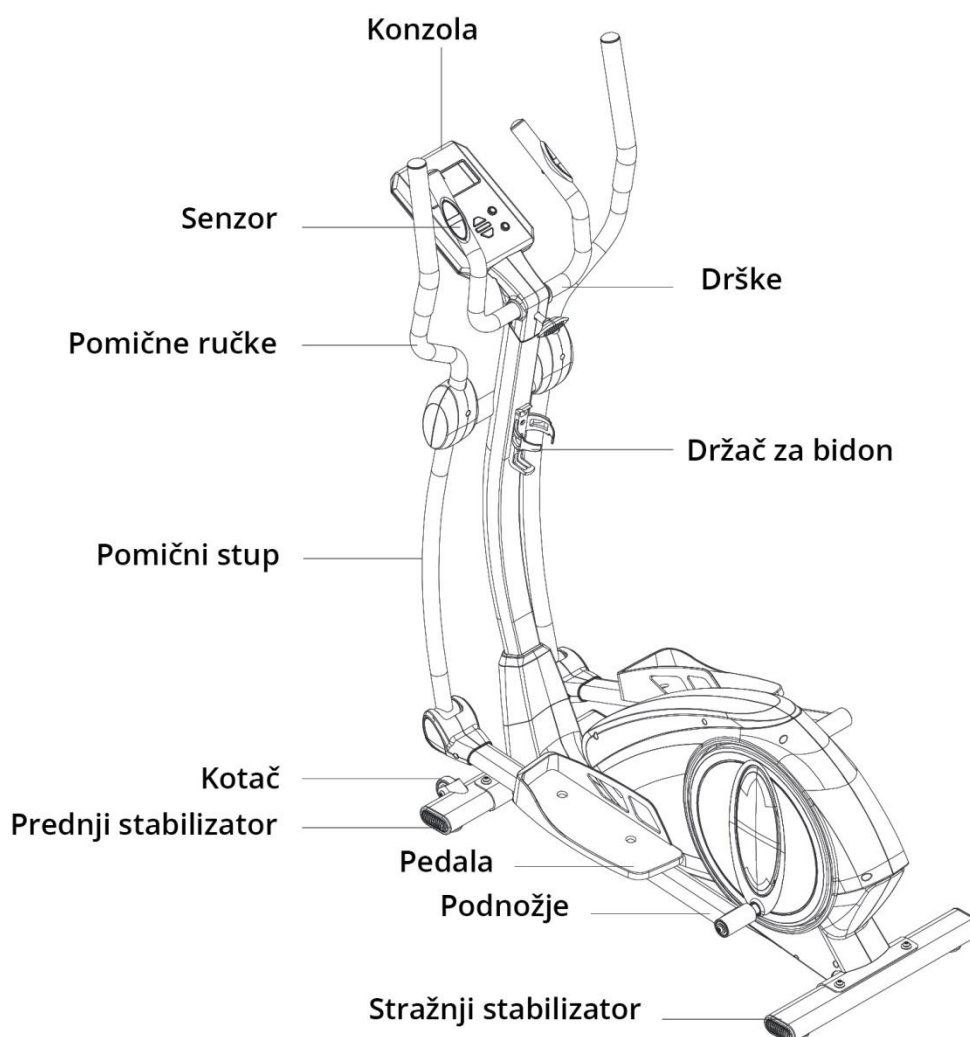


Br.	Naziv	Specifikacije	Kom.
31	Allen C.K.S. half thread screw	M8×50×20	4
32	Spring washer	$\Phi 8$	7
33	Flat washer	$\Phi 8.5 \times \Phi 20 \times 1.5$	11
34	Allen C.K.S. half thread screw	M8×63×20	3
35	Curve washer	$\Phi 8.5 \times R25 \times 12.0$	6
36	Hex self-locking nut	M8	6
37	Allen C.K.S. full thread screw	M8×20	6
38	Philips C.K.S. self-tapping screw	ST4×16	10
39	Wave spring washer	$\Phi 15$	4
40	Allen C.K.S. half thread screw	M8×40×20	4
41	carriage screw	M10×50×20	4
42	Flat washer	$\Phi 10$	4
44	Allen C.K.S. hollow screw	$\Phi 10 \times 56.5 - M6 \times 20$	2
45	Flat washer	$\Phi 6$	2
46	Allen C.K.S. full thread screw	M6×15	2
47	Philips C.K.S. full head screw	M5×10	4
48	Philips C.K.S. full head screw	M4×10	4



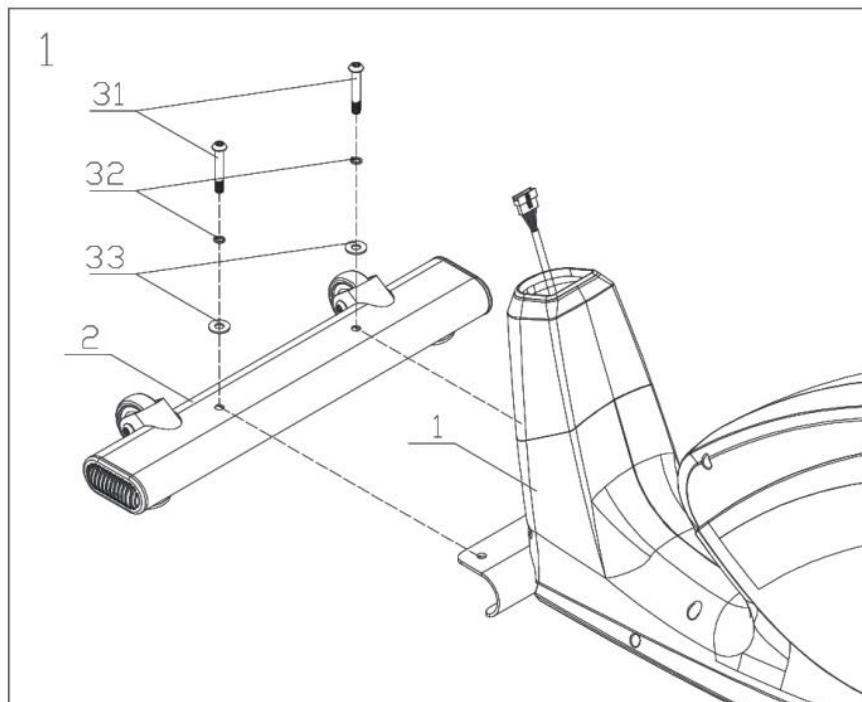
Naziv	Specifikacije	kom.
L-shape wrench	5×80×80S	1
L-shape wrench	5×35×85S	1
L-shape wrench	6×40×120	1
Cross spanner	15#&17#	1
Cross open spanner		1

Stavite sve alate na stranu pre sastavljanja, tako da ih uvek imate pri ruci ako zatrebaju. Počistite radnu površinu i uverite se da imate dovoljno mesta da možete raditi bez poteškoća.

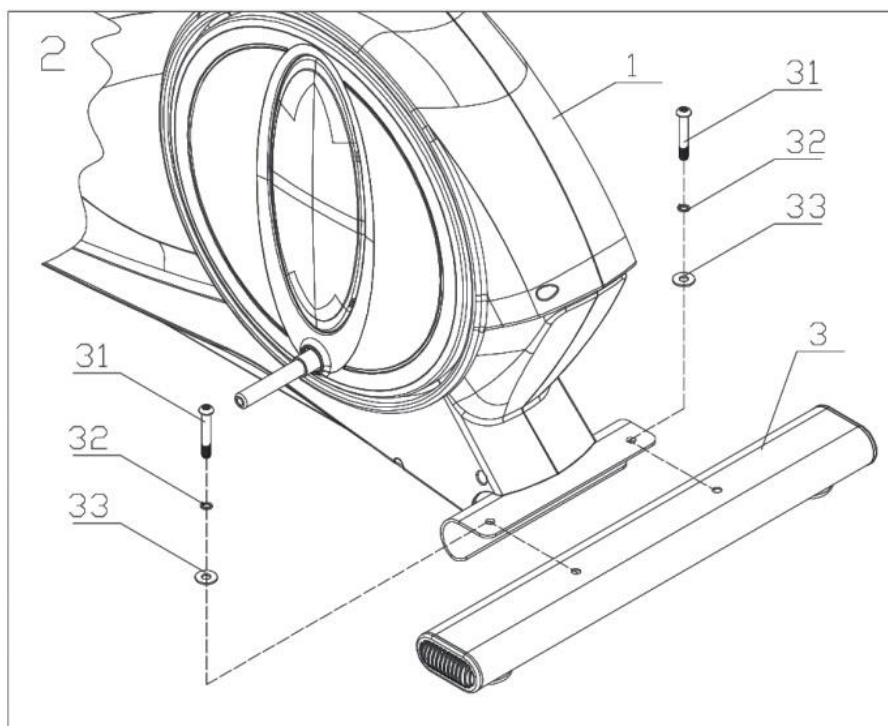


Uputstvo za sastavljanje

Spojite prednji stabilizator (2) na glavni okvir (1) sa zavrtnjima (33, 32, 31).



Spojite zadnji stabilizator (3) na glavni okvir (1) sa zavrtnjima (33, 32, 31).



3.A: Postavite ukrasnu liniju (89) na glavni stub (4). Uzmite zaštitu glavnog stuba (16) sa glavnog okvira (1) i postavite na glavni stub (4) kao na slici.

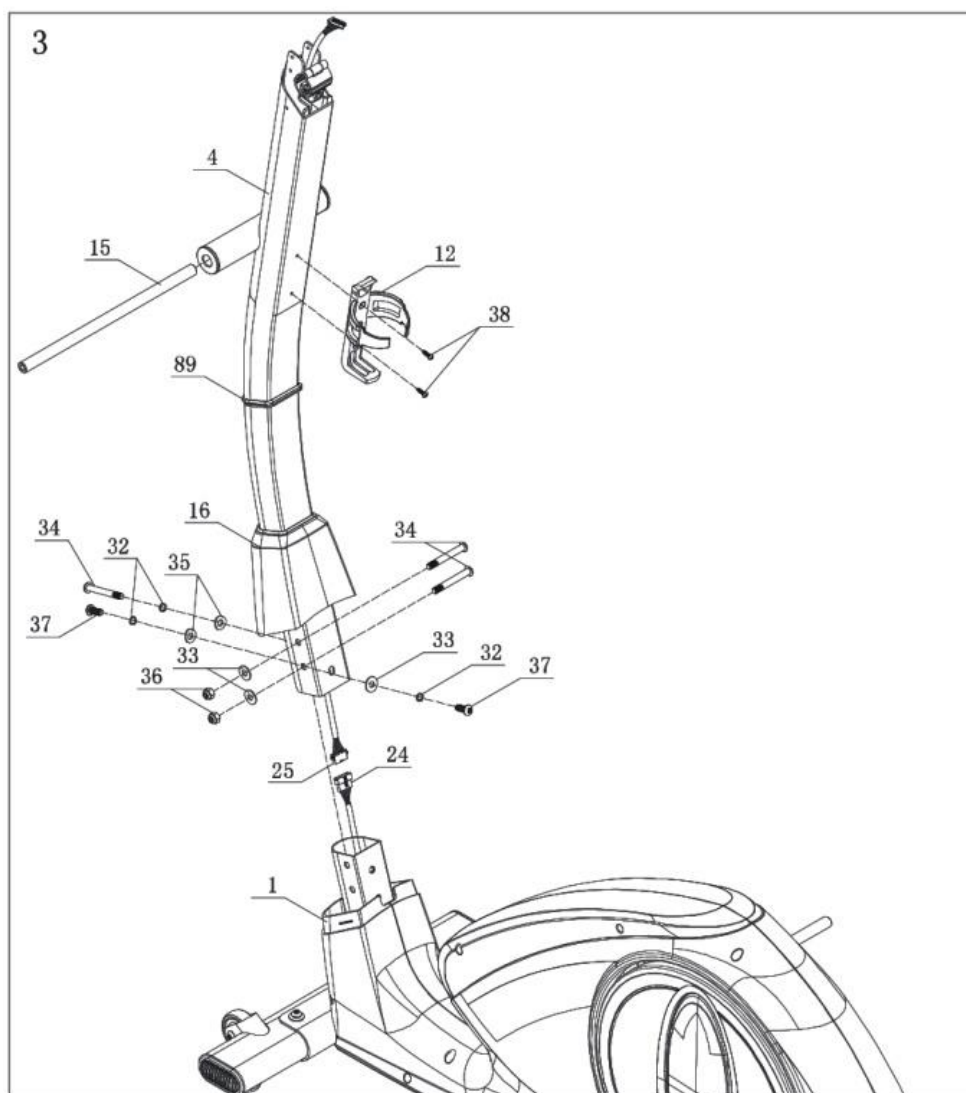
3.B: Spojite žicu od motora (24) i žicu od konzole (25).

3.C: Spojite glavni stub (4) na glavni okvir (1) sa zavrtnjima (32, 34, 33, 37, 36, 30) kao na slici.

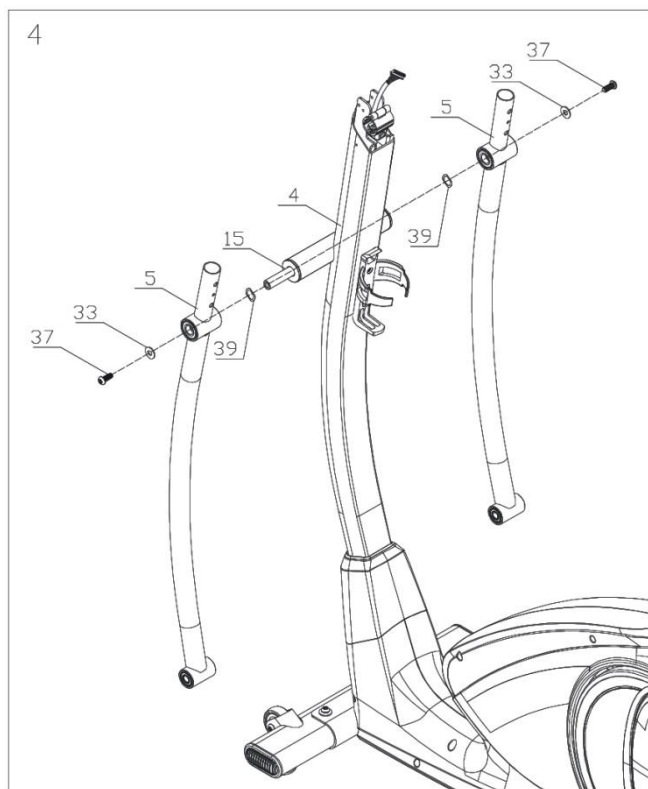
3.D: Spojite zaštitu glavnog stuba (16) i ukrasnu liniju (89) na glavni okvir (1)

3.E: Spojite držač za bidon (14) na glavni stub (4) sa zavrtnjima (38).

3.F: Spojite osovinu (15) na glavni stub (4).

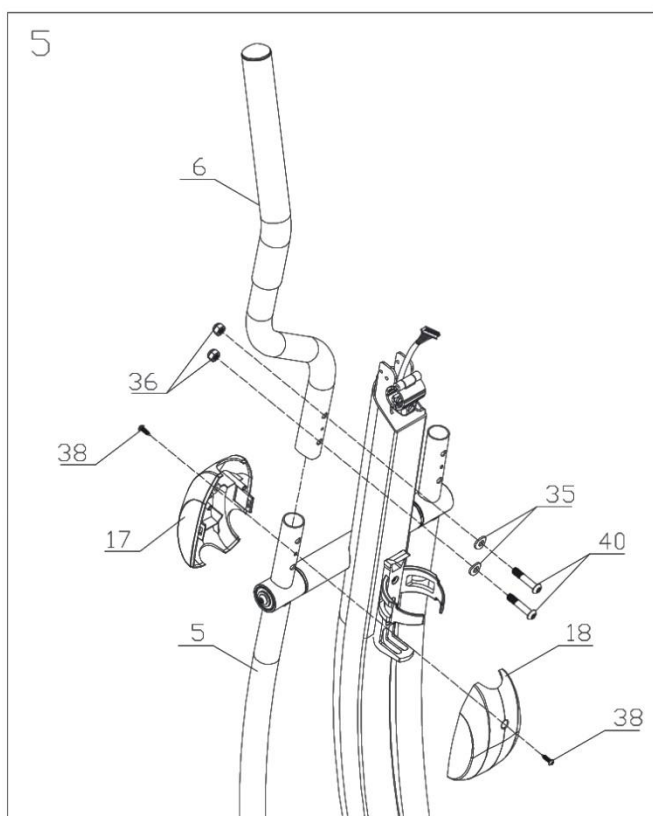


4. Postavite ležajeve (39) na osovino (15), zatim spojite pokretne stubove (5) na osovino (15) s obe strane sa zavrtnjima (33, 37).

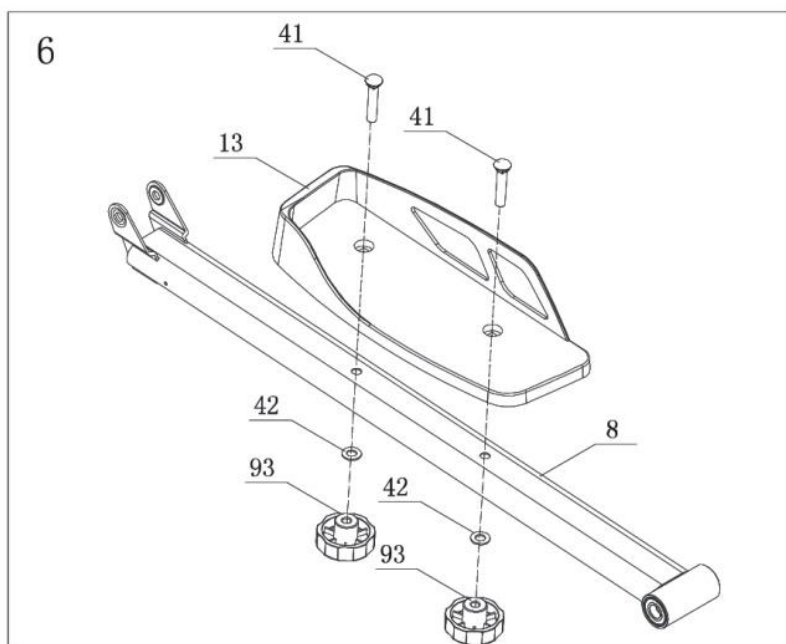


5.A: Spojite drške (6) na pokretne stubove (5) s obe strane sa zavrtnjima (35, 40, 36).

5.B: Spojite zaštitu (17/18) na pokretne stubove (5) s obe strane zavrtnjima (38).



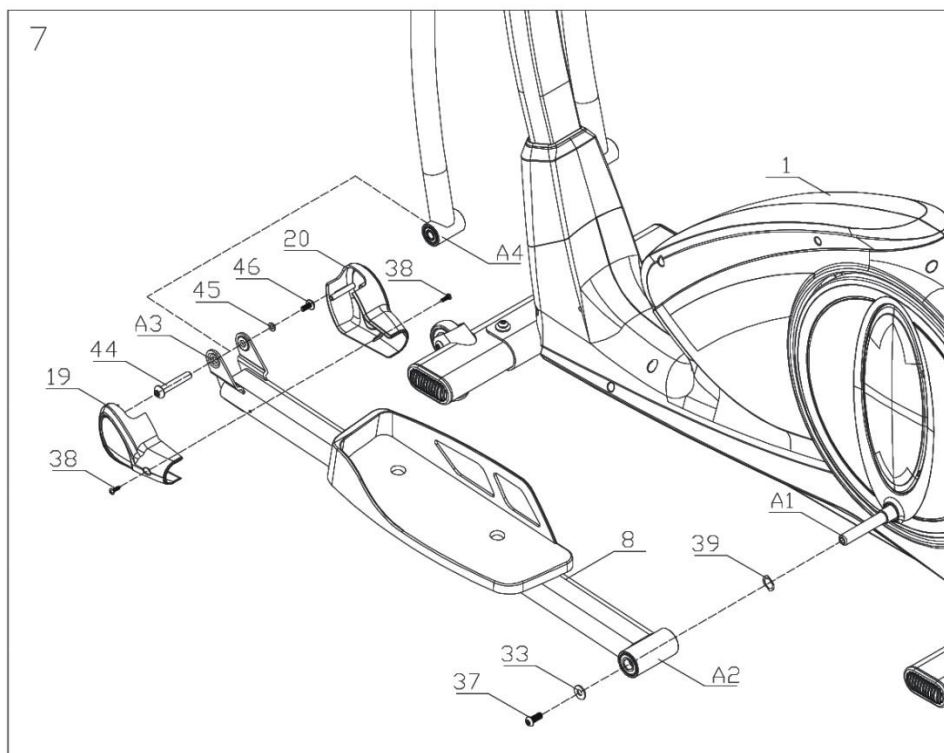
6. Spojite pedalu (13) na podnožje (8) s obe strane. Pričvrstite s zavrtnjima (41, 42, 93).



7.A: Stavite ležaj (39) na osovino (A1) na glavnom okviru (1) i spojite zadnji deo (A2) podnožja (8) na osovino (A1). Pričvrstite sa zavrtnjima (33, 37).

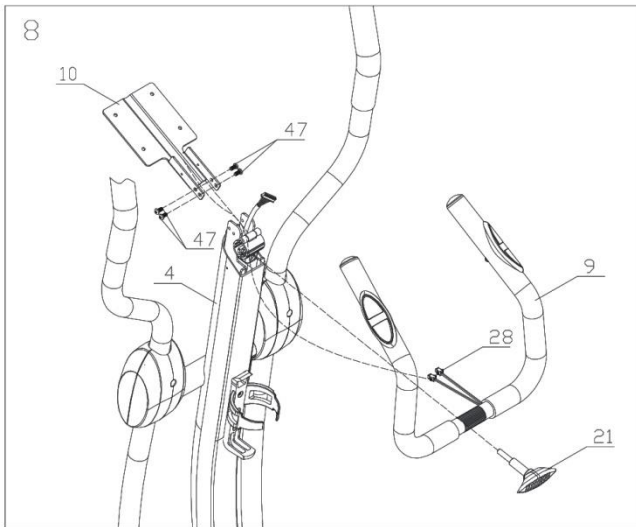
7.B: Spojite prednji dio (A3) podnožja (8) na donji dio (A4) pokretnog stuba (5) sa šupljim zavrtnjem (44) i zavrtnjima (45, 46).

7.C: Zatim postavite zaštitu (19/20) na spoj podnožja (8) i pokretnog stuba (5) na svakoj strani i spojite s zavrtnjem (35).



8.A: Provucite žicu za puls (28) kroz rupu u glavnom stubu (4) i zatim spojite drške (9) na glavni stub (4) sa rotirajućom drškom (21).

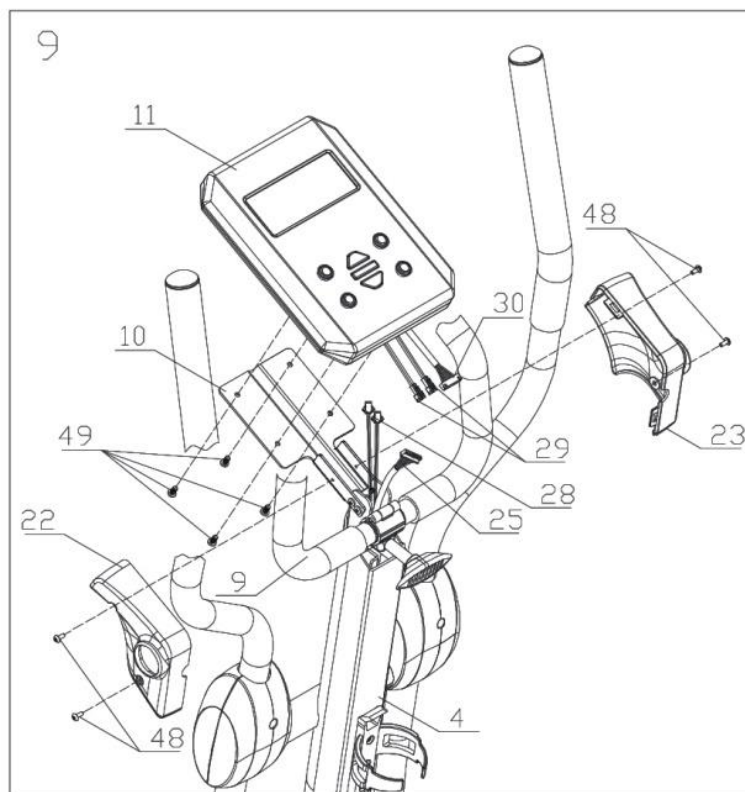
8.B: Spojite stalak za konzolu (10) na glavni stub (4) i pričvrstite zavrtnjima (47).



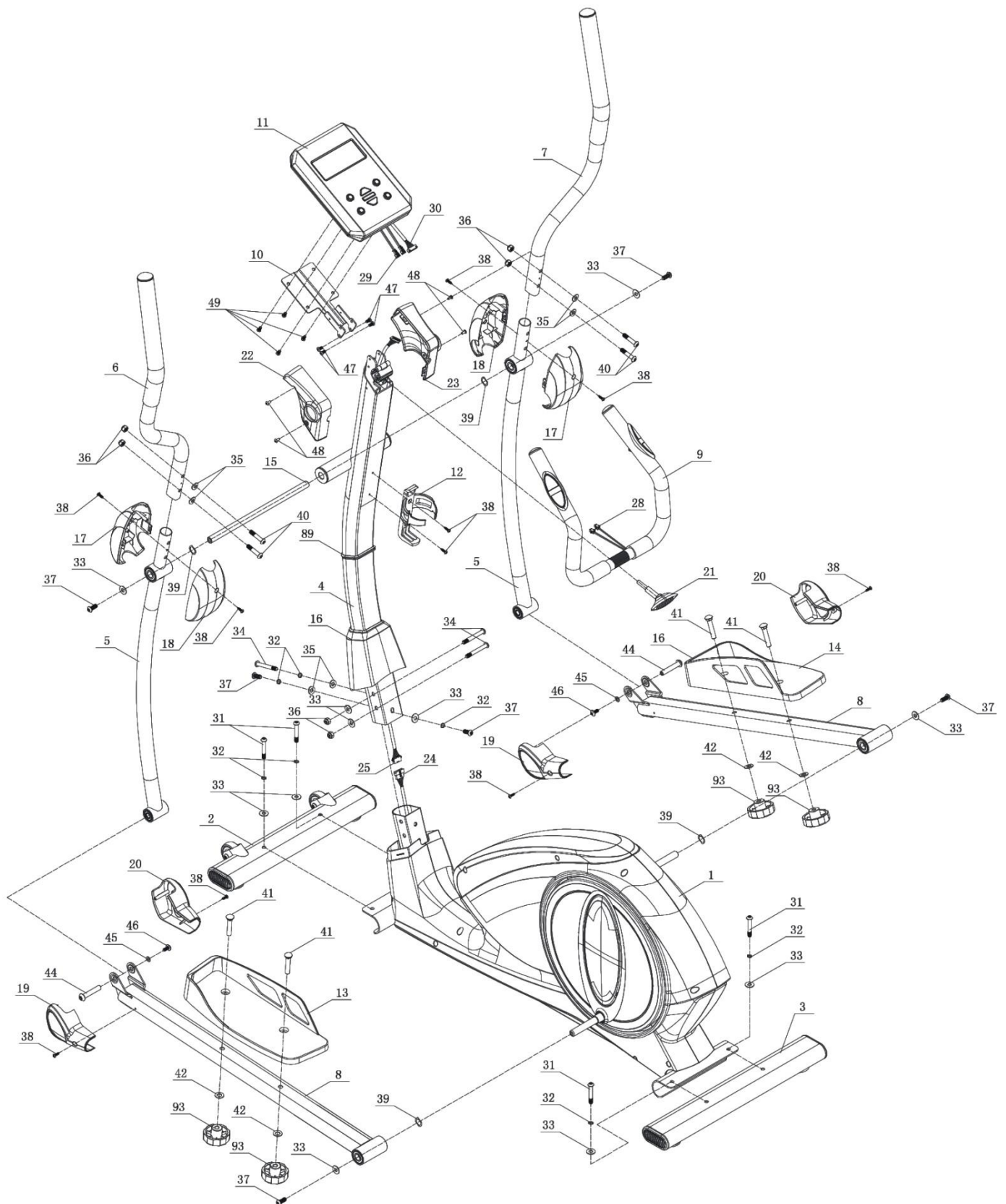
9.A: Spojite komunikacijsku žicu (25) sa žicom od konzole (30). Spojite žicu od pulsa (28) sa žicom iz konzole (29).

9.B: Spojite konzolu (11) na stalak za konzolu (10) sa zavrtnjima (49).

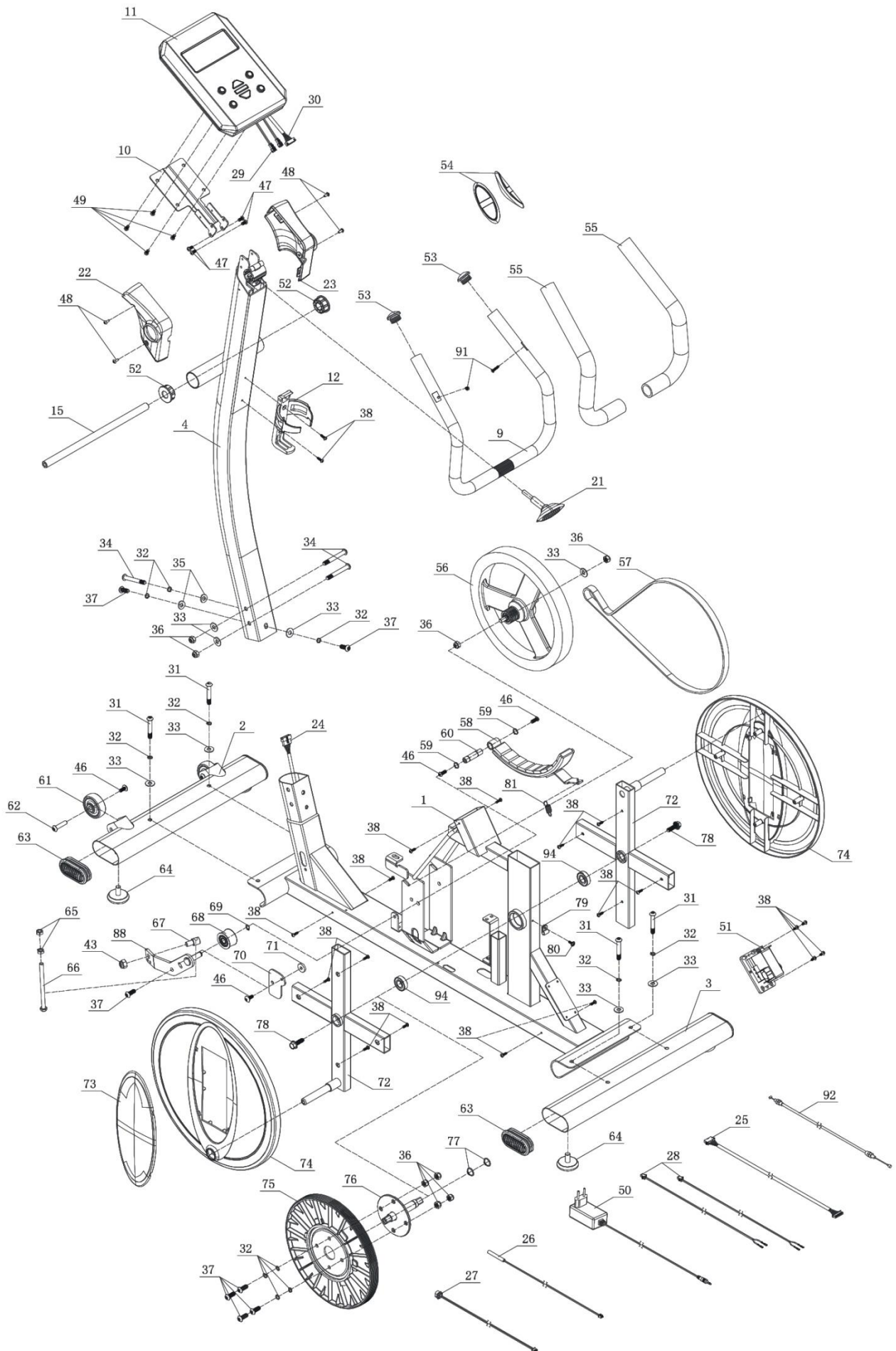
9.C: Provucite zaštitu (22/23) kroz drške (9) sa svake strane i pričvrstite zavrtnjima (48) kao na slici.

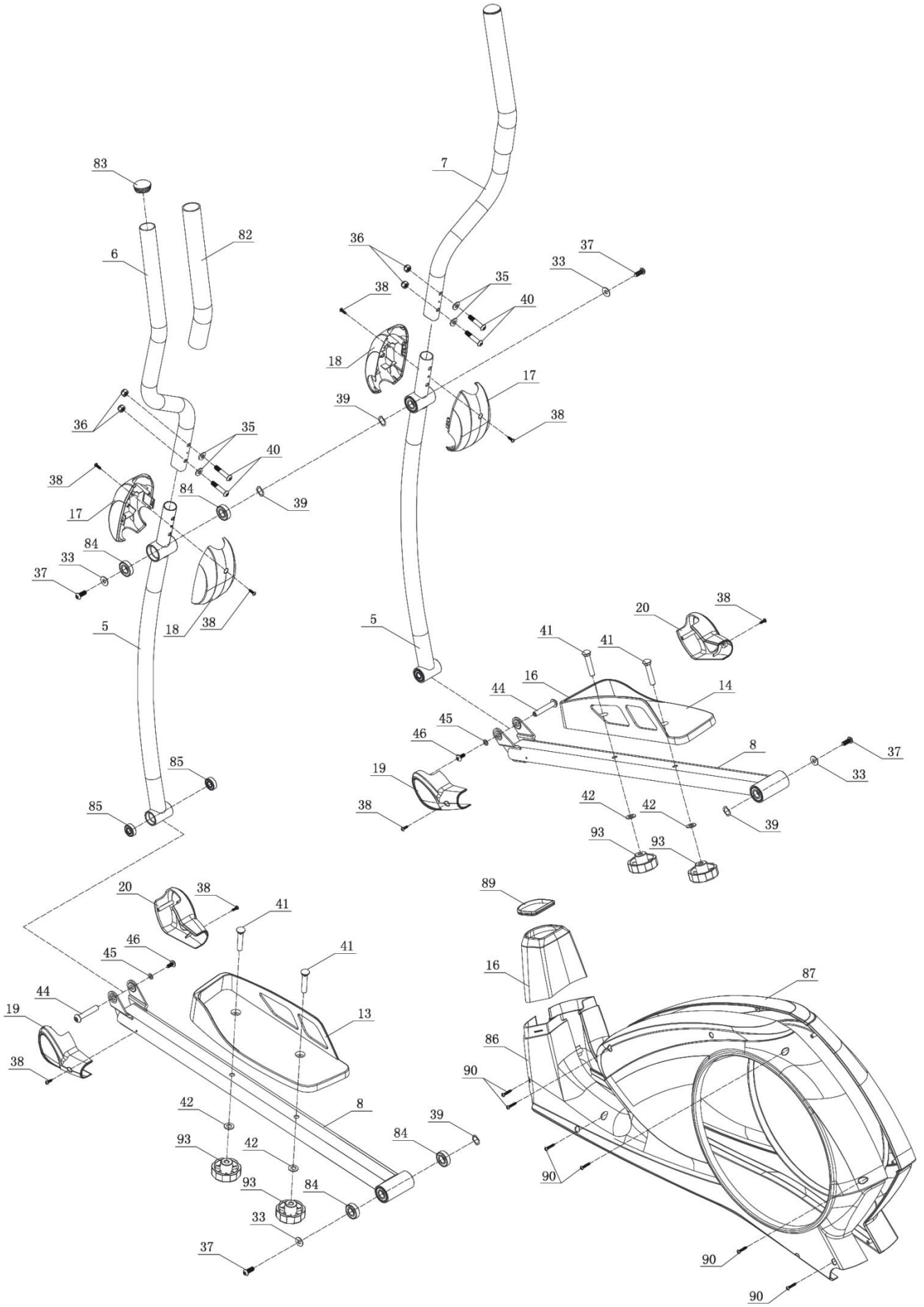


Šema sastavnih delova



Kompletna šema svih delova





Funkcije računala:

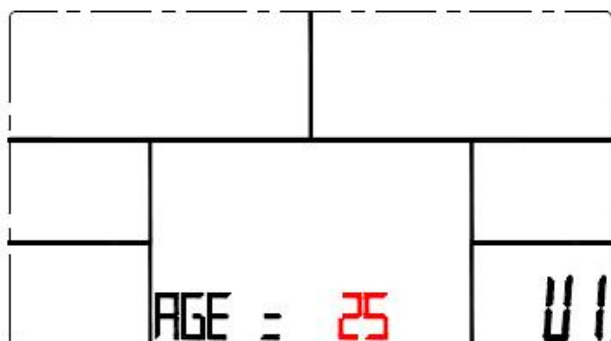
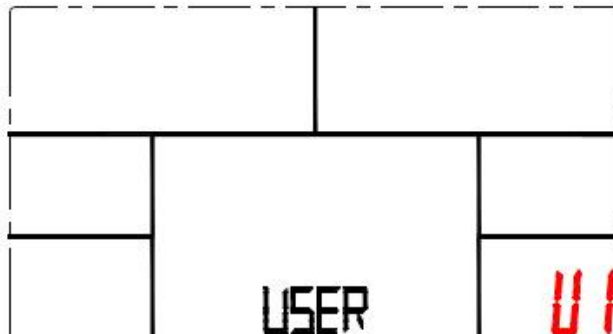
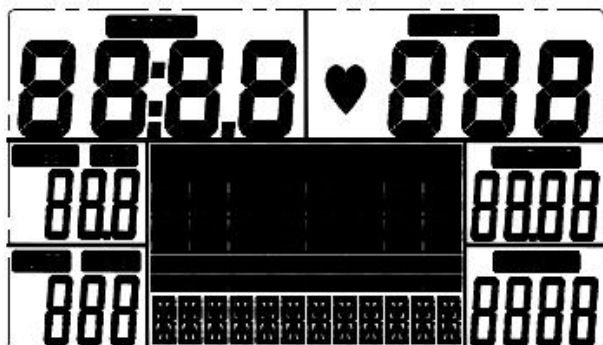
Funkcija	Opis
TIME (vrieme)	Prikaz proteklog vremena tokom vežbe. Raspon 0:00 - 99:59
SPEED (brzina)	Prikaz trenutne brzine tokom vežbanja. Raspon 0,0 - 99,9 kmh
DISTANCE (udaljenost)	Prikaz pređene udaljenosti tokom vežbanja. Raspon 0,0 - 99,9
CALORIES (kalorije)	Prikaz potrošenih kalorije tokom vežbe. Raspon 0 - 999
PULSE (otkucaji srca)	Prikaz otkucaja srca u minuti. Zvučni signal ako premaši zadatu vrednost.
RPM (okretaji u minuti)	Broji pune okretaje za vreme vežbanja. Raspon 0 -999
WATTS (potrošnja energije)	Prikaz potrošene energije tokom vežbanja. Raspon 0 - 350
MANUAL	Ručno nameštanje postavki.
PROGRAM	Izbor između 12 predefinisanih programa.
USER	Korisnik namešta otpor za vreme vežbe.
H.R.C.	Nameštanje parametara vežbe prema otkucajima srca.
WATT	Nameštanje parametara vežbe prema potrošnji energije.

Tipke:

Tipka	Opis
UP (+)	Odabir funkcija ili nameštanje vrednosti
DOWN (-)	Odabir funkcija ili nameštanje vrednosti
MODE	Kada se ne izvodi vežba, služi za potvrdu odabira.
RESET	- Povratak na glavni meni tokom nameštanja vrednosti/načina rada - Držite 2 sekunde i računar će se ponovno pokrenuti.
START/STOP	Započnite/završite s vežbom
RECOVERY	Izmerite vrednost oporavka srca od vežbanja
BODY FAT	Izmerite procenat masnoće u telu i BMI

Upravljanje

Spojite spravu na stuju i uključite je. LCD će se upaliti i prvo će prikazati vrednost prečnika točka. Nakon toga ulazi u nameštanje profila korisnika (U1 - U4: godine, pol, visina, težina). Ako prođe 4 minute bez interakcije, računar će preći u Stand-by način rada. Pritisnite bilo koju tipku da "probudite" računar.



Ručne postavke

Kada ste u glavnom meniju, pritisnite tipku START/STOP i ući ćete direktno u način rada s ručnim postavkama.

11. Pritisnite Up ili Down da odabere program, odaberite MANUAL i pritisnite tipku MODE da potvrdite odabir.
12. Pritisnite tipke TIME, DISTANCE, CALORIES, PULSE da bi postavili željene vrednosti. Pritisnite tipku MODE da potvrdite odabir.
13. Pritisnite tipku START/STOP da počnete s vežbom.
14. tokom vežbe pritisnite tipke UP ili DOWN da menjate vrednosti otpora (1 do 32).
15. Pritisnite tipku START/STOP tokom vežbanja da zaustavite vežbu. Pritisnite tipku RESET da se vratite u glavni meni.



Predefinisani programi

11. Pritisnite tipke UP ili DOWN da birate među načinima rada i odaberite PROGRAM, pritisnite tipku MODE da potvrdite odabir. Odaberite između P01-P12 programa i pritisnite tipku MODE da potvrdite odabir.
12. Tipkama UP i DOWN namestite željenu vrednost vremena.
13. Pritisnite tipku START/STOP da počnete s vežbom.
14. Tokom vežbe pritisnite tipke UP ili DOWN da namestite vrednost otpora (1 do 32).
15. Pritisnite tipku START/STOP tokom vežbanja da zaustavite vežbu. Pritisnite tipku RESET da se vratite u glavni meni.



Korisnički program

15. Pritisnite tipke UP ili DOWN da birate među načinima rada i odaberite USER PROGRAM, pritisnite tipku MODE da potvrdite odabir.
16. Tipkama UP i DOWN namestite vrednosti otpora za svaki segment (potrebno je namestiti ukupno 20 segmenata).
17. Držite tipku MODE 2 sekunde da završite ili da izađete.
18. Koristite tipke UP i DOWN da namestite vreme.
19. Pritisnite tipku START/STOP za početak vežbe.
20. Pritisnite tipku START/STOP tokom vežbanja da zaustavite vežbu. Pritisnite tipku RESET da se vratite u glavni meni.
21. Tokom vežbanja tipkama UP i DOWN možete menjati vrednost otpora (1 do 32).

Otkucaji srca

11. Pritisnite tipke UP ili DOWN da birate među načinima rada i odaberite H.R.C., pritisnite tipku MODE da potvrdite odabir.
12. Pritisnite UP i DOWN tipke da odaberete između H.R.C. 55%, H.R.C. 75%, H.R.C. 90% ili H.R.C. AG (početna vrednost 100).
13. Koristite tipke UP i DOWN da namestite vreme.
14. Pritisnite tipku START/STOP tokom vežbanja da zaustavite vežbu. Pritisnite tipku RESET da se vratite u glavni meni.
15. Ako nema otkucaja srca tokom vežbanja, čućete zvučni alarm.



Potrošnja energije

11. Pritisnite tipke UP ili DOWN da birate među načinima rada i odaberite WATT, pritisnite tipku MODE da potvrdite odabir.
12. Tipkama UP i DOWN namestite željenu vrednost potrošnje energije (početna vrednost 120) i pritisnite tipku MODE da potvrdite odabir.
13. Koristite tipke UP i DOWN da namestite vreme.
14. Pritisnite tipku START/STOP tokom vežbanja da zaustavite vežbu. Pritisnite tipku RESET da se vratite u glavni meni.
15. Tipkama UP i DONE možete menjati WATT vrednost tokom vežbanja.

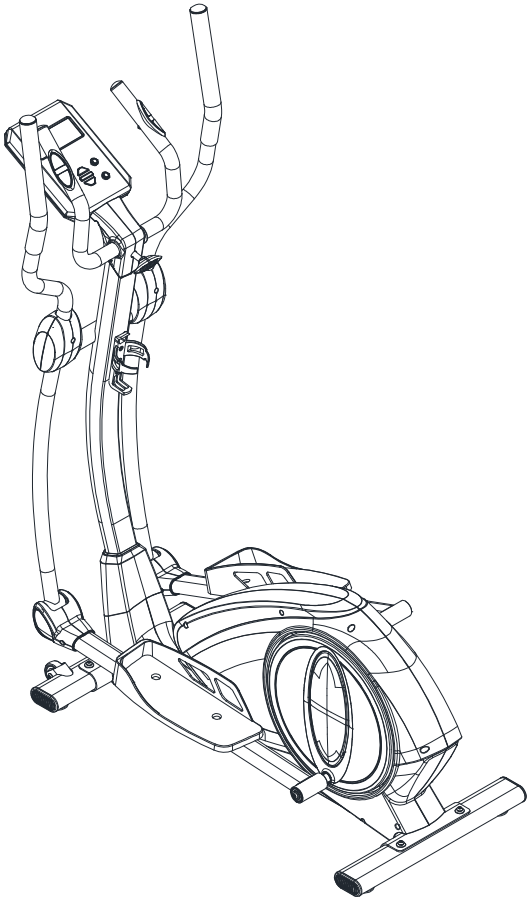
Telesna masnoća

7. Pritisnite tipku BODY FAT kad se vežba ne izvodi. Držite čvrsto ručke na mestu gde se nalazi sensor za otkucaje srca.
8. LCD ekran će prikazati "- - - - -". Nakon 8 sekundi će se prikazati procenat telesne masnoće, BMI, i simboli debljine.
9. Prikazaće se sledeći simboli u situacijama objašnjenim ispod:
 "E-1" znači da korisnik nije pravilno postavio ruku na sensor.
 "E-4" znači da je procenat telesne mase i BMI iznad raspona merenja.

BMI	LOW-nisko	LOW/MID- srednje nisko	MID - srednje	MID/HIGH - visoko
Raspon	<20	20-24	24,1-26,5	>26,5

Simbol	-	+	▲	◆
Postotak masnoće	Nizak	Srednje nizak	Srednji	Visoki
Muško	<13%	13% - 25,9%	26% - 30%	>30%
Žensko	<23%	23% - 35,9%	36% - 40%	>40%

Owner's Manual



**Retain this owner's manual for future reference
Read and follow all instructions in this owner's manual**

Precautions

WARNING: This elliptical trainer has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the elliptical trainer. The following safety precautions should also be observed:

- ◆ It is the responsibility of the owner to ensure that all users of the elliptical trainer are adequately informed of all precautions. Use the elliptical trainers only as described in this manual.
- ◆ Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where this elliptical trainer is kept.
- ◆ Inspect and assemble all parts regularly. Replace and worn parts immediately.
- ◆ Place the elliptical trainer on a level surface, with at least 1.0 m of clearance on each side of elliptical trainer. To protect the floor or carpet from damage, place a mat under the elliptical trainer.
- ◆ Keep the elliptical trainer indoors, away from moisture and dust. Maintain the using place ventilation. DO NOT use it in the airless place.
- ◆ Don't put any sharp things around the elliptical trainer.
- ◆ Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical trainer. Always wear athletic shoes for foot protection while exercising.
- ◆ Do not use this product if more than 120kg of weights. Please choose our other series of elliptical trainers.
- ◆ Do not put your hands on the moving parts to prevent injuries.
- ◆ Keep your pedaling speed in a controlled way.
- ◆ If you find your elliptical trainer works abnormal, do not use it immediately.
- ◆ No more than one person should operate the elliptical trainer at one time.
- ◆ If you feel pain or dizziness while exercising, stop exercising immediately and ask for a doctor.

Safety notice

When you are remedial or have below symptoms, after discussing with your doctor, then could use this elliptical trainer.

1. Waist pain now and leg, waist, neck hurt before, legs, waist, neck and hand numbly please do not use.
 2. Have anamorphic arthritis, rheumatic and gout.
 3. Have osteoporosis and other abnormality.
 4. Have perfunctor system obstacle (heart disease, blood obstacle, hypertension).
 5. Have breath obstacle.
 6. Using the manpower pulse adjust machine or insert into the body machine.
 7. Have sarcomata.
 8. Have thrombus or other symptoms.
 9. Have diabetes or be caused by diabetes feeling obstacle.
 10. Have skin trauma.
 11. Hyperpyrexia caused by sick(38 °C or over 38 °C).
 12. Abnormal back bone or back bone bending.
 13. Pregnant or catamenia.
 14. Feel physical abnormality, need convalesce.
 15. Body condition is not very well.
 16. The aim is to healing.
 17. Except the upper symptoms, feel other physical abnormality.
- Maybe cause the accident or the poor body condition.

Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems. To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical trainer before using your elliptical trainer.

Pre-assembly Notes

Open the boxes:

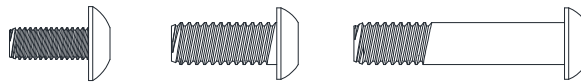
Make sure to inventory all the parts that are included in the box. Check the hardware chart of a full count of the number of parts included for proper assembly . If any of the parts are missing, contact with the dealer.



Φ6(45)-2 Φ8.5×20(33)-10 Φ10(42)-4 Φ8.5×R25(35)-5 Φ15(39)-4



Φ8(32)-6 M8(36)-5 M5×10(47)-4 ST4×16(38)-10 M4×10(48)-4



M6×15(46)-2 M8×20(37)-5 M8×40(40)-4



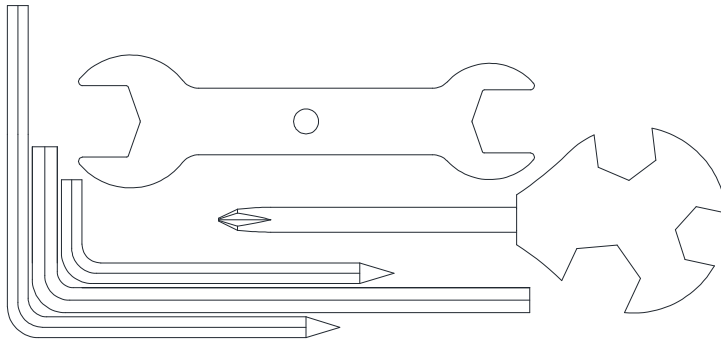
M8×50(31)-4 M8×63(34)-2



M10×50(41)-4 Φ10×55(44)-2

Parts list

NO.	NAME	SPECIFICATION	QTY
31	Allen C.K.S. half thread screw	M8×50×20	4
32	Spring washer	Φ8	7
33	Flat washer	Φ8.5×Φ20×t1.5	11
34	Allen C.K.S. half thread screw	M8×63×20	3
35	Curve washer	Φ8.5×R25×t2.0	6
36	Hex self-locking nut	M8	6
37	Allen C.K.S. full thread screw	M8×20	6
38	Philips C.K.S. self-tapping screw	ST4×16	10
39	Wave spring washer	Φ15	4
40	Allen C.K.S. half thread screw	M8×40×20	4
41	carriage screw	M10×50×20	4
42	Flat washer	Φ10	4
44	Allen C.K.S. hollow screw	Φ10×56.5-M6×20	2
45	Flat washer	Φ6	2
46	Allen C.K.S. full thread screw	M6×15	2
47	Philips C.K.S. full head screw	M5×10	4
48	Philips C.K.S. full head screw	M4×10	4



Name	Specification	QTY
L-shape wrench	5×80×80S	1
L-shape wrench	5×35×85S	1
L-shape wrench	6×40×120	1
Cross spanner	15#&17#	1
Cross open spanner		1

GATHER YOUR TOOLS

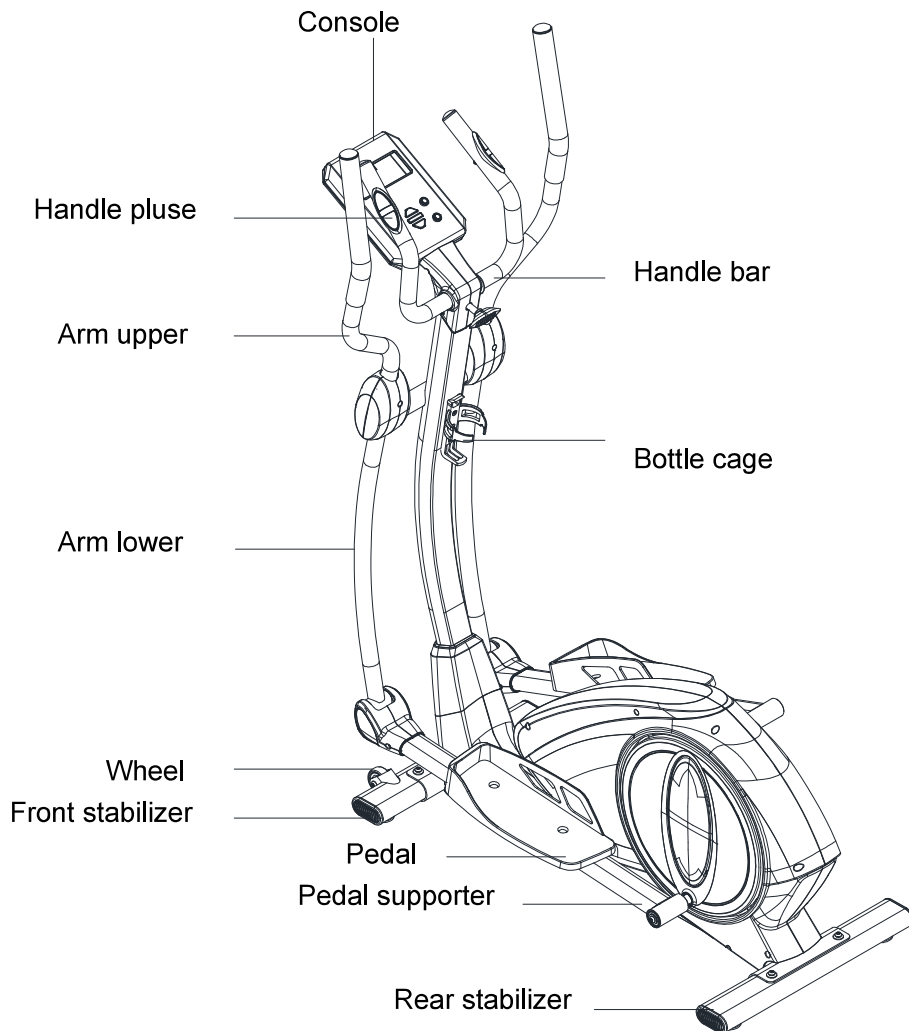
Before starting the assembly of your unit, gather the necessary tools. Having all of the equipment at hand will save time and make the assembly quick and hassle-free.

CLEAR YOUR WORK AREA

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

NOTE: Each step number in the assembly instructions tells you what you will be doing. Read and understand all instructions thoroughly before assembling the treadmill.

Product instruction



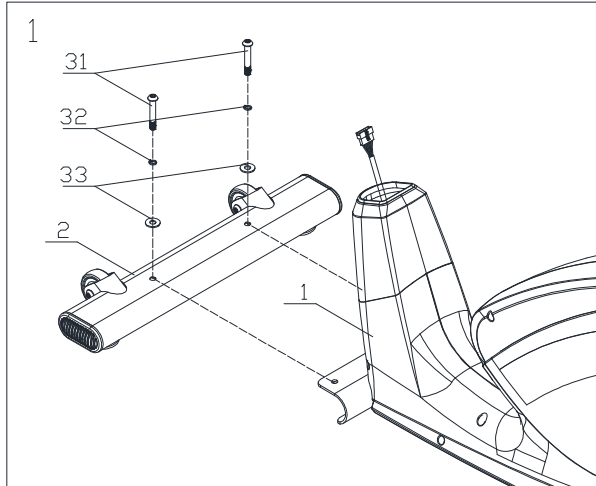
Technical information

DIMENSION	Unfold 1300x530x1600mm
FLYWHEEL	Two way, Φ 280/6kg
RESISTANCE FRAGMENT	32
STRIDE LENGTH	330x175MM
SPEED RATIO	8

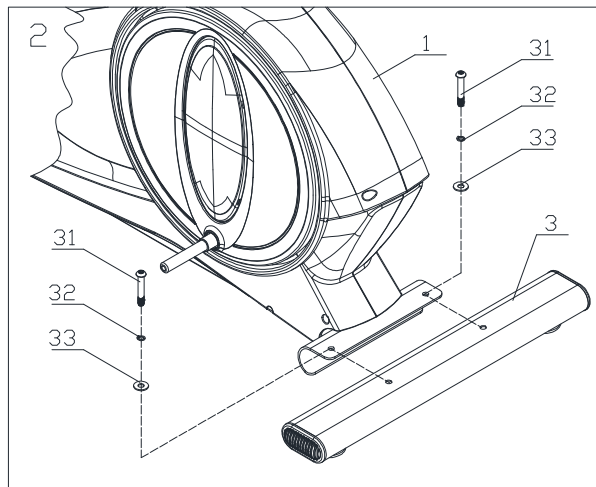
*WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

ASSEMBLY INSTRUCTIONS

Step 1: Attach the front stabilizer (2) to the main frame (1) with curved washer(33), spring washer(32) and Allen C.K.S. half thread screw(31).



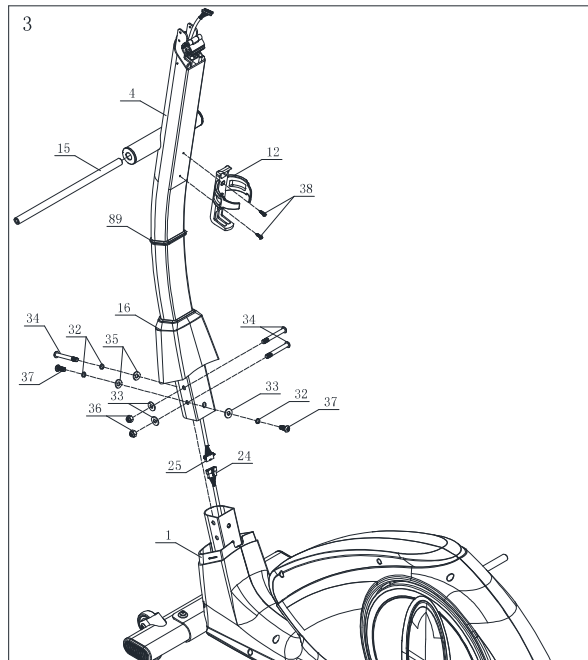
Step 2: Attach the rear stabilizer (3) to the main frame (1) with curved washer(33), spring washer(32) and Allen C.K.S. half thread screw(31).



Step 3:

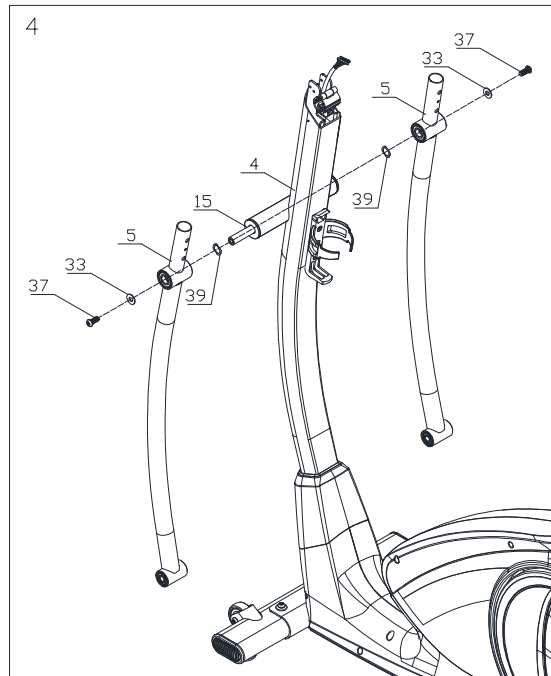
1. Attach the Upright post decoration strip(89) to the upper upright post(4),take upright post cover(16) off from the main frame(1) and cover it on the upper upright post(4).
2. Connect motor communication wire(24) and console communication wire(25).
3. Attach upper upright post(4) to the main frame(1) with curve washer(35), spring washer(32), Allen C.K.S. full thread screw(34) and flat washer(33), spring washer(32), Allen C.K.S. half thread screw(37) and Allen C.K.S. half thread screw(34), flat washer(33), Hex self-locking nut(36), Curved washer (33), Spring washer (30), Allen C.K.S. full thread screw (32).
4. Attach upright post cover(16) and Upright post decoration strip(89) to the main frame(1).
5. Attach bottle holder(14) to upper upright post(4) with Philips pan head full thread screw(38).
6. Attach the axle(15) to the upright post(4).

Tip: Put the communication wires and resistance adjust knob wire into the upright post, and make sure all screws are in the hexagonal hole before tighten all the bolts.



Step 4:

Attach the wave spring washer(39) to the axle(15),attach the body arm set(5) to the axle(15), tighten with the flat washer(33) and Allen C.K.S. full thread screw(37).



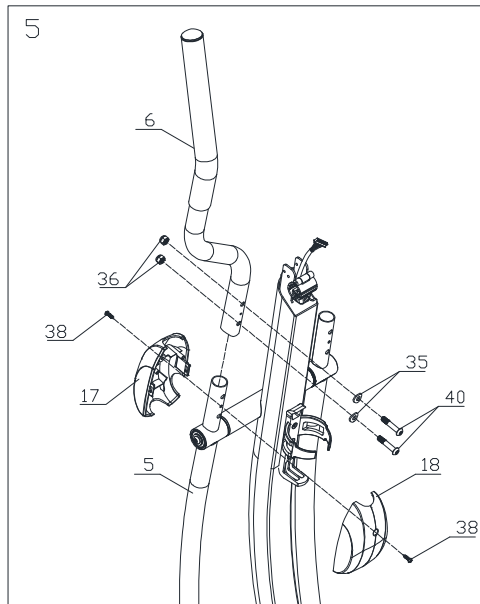
Step 5:

1. Attach Body arm(L)(6) to Body arm set(5), tighten with Curved washer(35), Allen C.K.S. half thread screw(40), and Hex self-locking nut(36).

2. Attach the Body Arm cover 1(Upper) 17 and Body Arm cover 2(Upper) 18 to the Body arm(L)(6), tighten with Philips C.K.S. self-tapping screw(38).

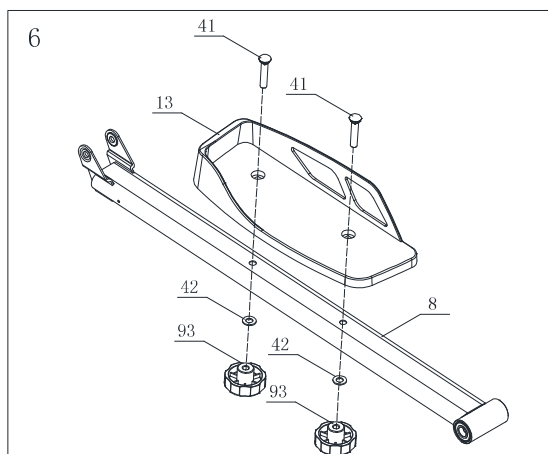
3. Attach the Body arm(R)(7) same as above steps.

Tip: Make sure all screws are in the hexagonal hole before tighten all the bolts.



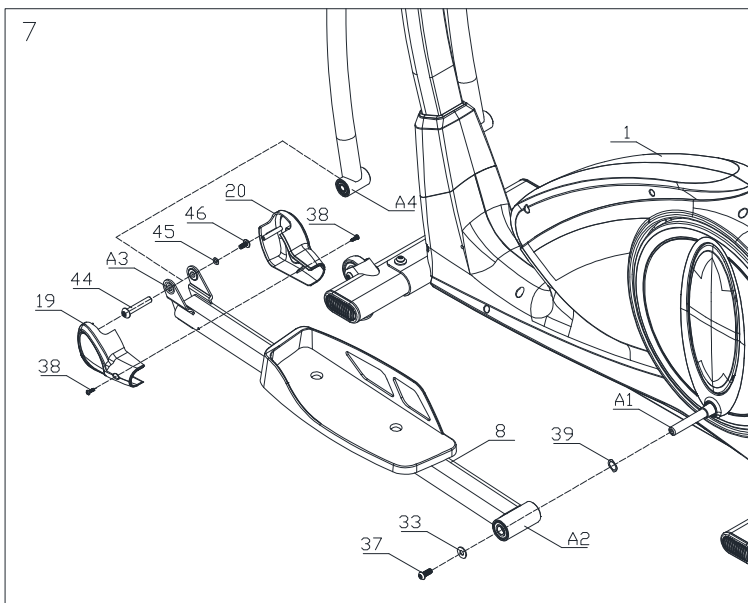
Step 6:

1. Attach the Pedal(L) 13 to the Pedal supporter(L/R)(8),tighten with carriage screw(41), Flat washer(42),and Knob (93).
2. Attach the Pedal(R)(14) to the Pedal supporter(L/R)(8) as the same way. Tip: Make sure all screws are in the hexagonal hole before tighten all the bolts.



Step 7:

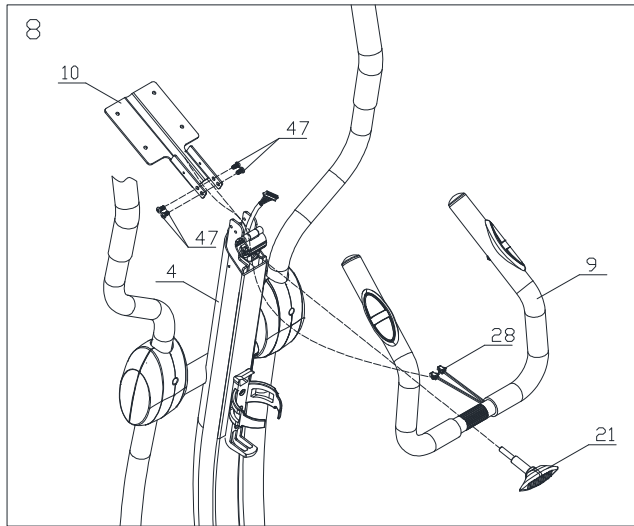
1. Attach the Wave spring washer(39) to the axle A1 of main frame(1), and attach the axle bushing A2 of Pedal supporter(L/R)(8) to the axle A1, tighten with the Flat washer (33) and Allen C.K.S. full thread screw(37).
2. Attach the U shape plate A3 of Pedal supporter(L/R)(8) to the axle bushing A4 of main frame(1), tighten with Allen C.K.S. hollow screw(44), Flat washer(45), and Allen C.K.S. full thread screw(46).
3. Attach the Body Arm cover 1(19) and Body Arm cover 2(20) to the Pedal supporter(L/R)(8), tighten with Philips C.K.S. self-tapping screw(35).
4. Install right pedal supporter(14) with the same way.



Step 8:

1. Handle pulse connection wire (28) through the Upright post(4), and attach the Handlebars(9) to Upright post(4), tighten with T-shaped rotary knob(21).
2. Attach Console fixed piece(10) to the Upright post(4), tighten with Philips C.K.S. full head screw(47).

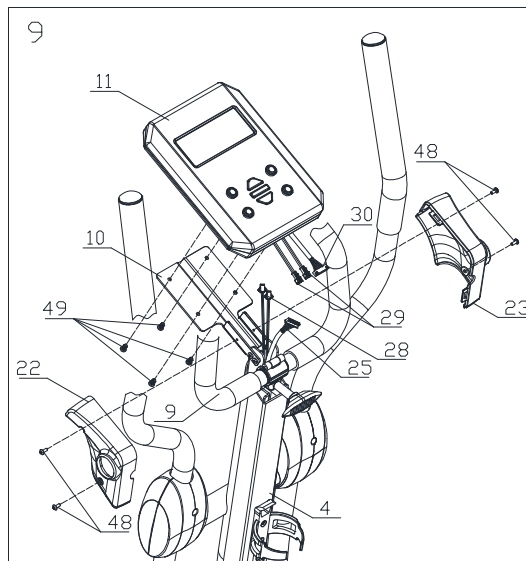
Tip: Make sure all screws are in the hexagonal hole before tighten all the bolts.



Step 9:

1. Connect the Console communication wire (25) and Console connection wire(30),connect the Handle pulse connection wire(28) and Console outlet(29).
2. Attach the Console(11) to the Console fixed piece(10),tighten with Philips C.K.S. full head screw(49).
3. Attach the Handlebar cover(L)(22) and Handlebar cover(R)(23) through the Handlebars(9) to the Upright post(4),tighten with Philips C.K.S. full head screw(48).

Tip: Make sure all screws are in the hexagonal hole before tighten all the bolts.

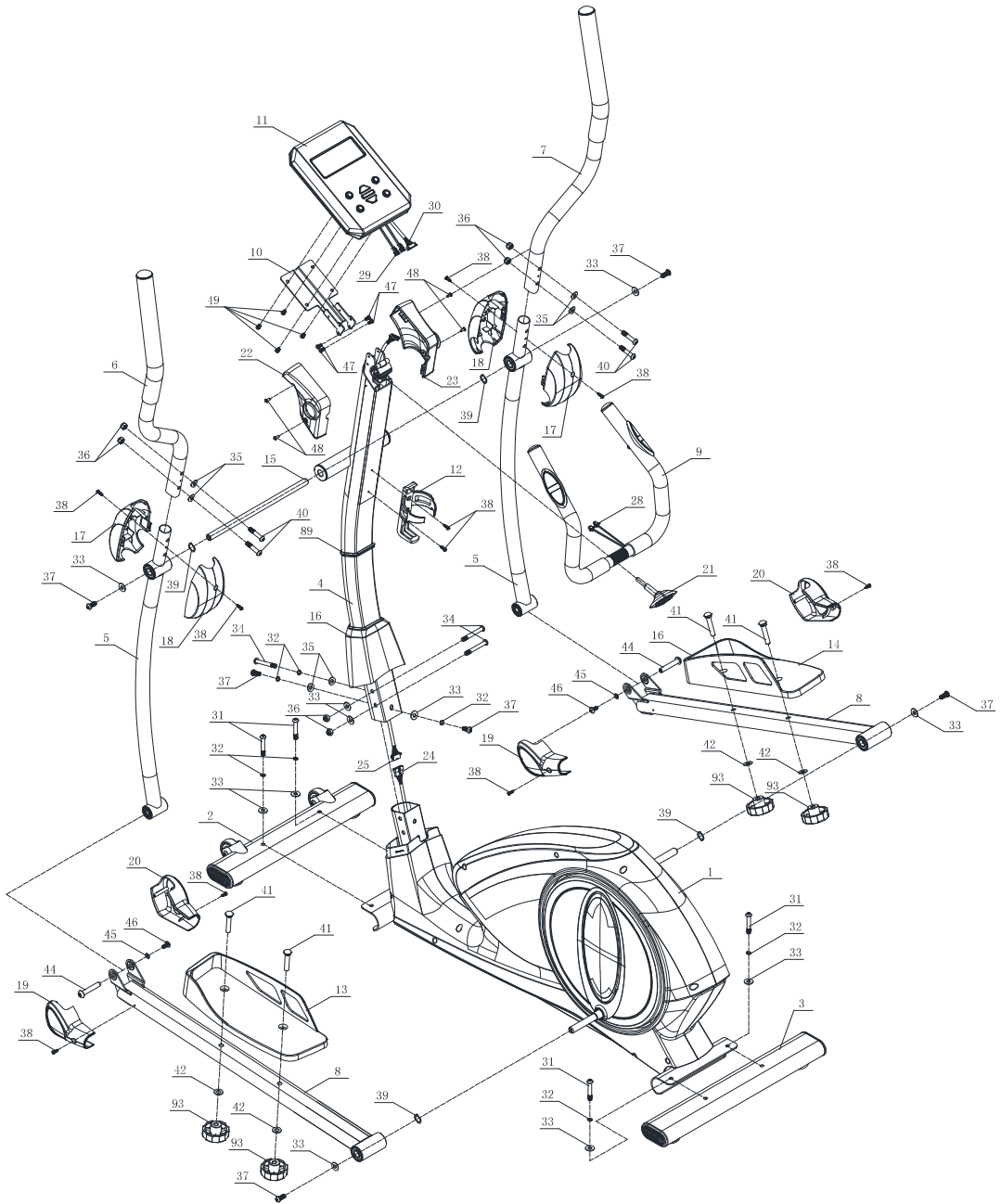


Tips: Adjust the handlebar(9) to a suitable place, about 100mm away from the console(11).

Workout tips:

- 1,User need to put the feet completely inside the pedal, and to adjust the resistance of magnet control according to user.
- 2,Since the machine with double flywheels and it will have huge moment of inertia, when the user stop before high speed, the user should minimize the resistance and lower the speed, to avoid hurt the user's leg by the moment of inertia of left and right pedal
- 3,The machine should be put on flat floor and have enough space for workout

Half-drawing for assembly

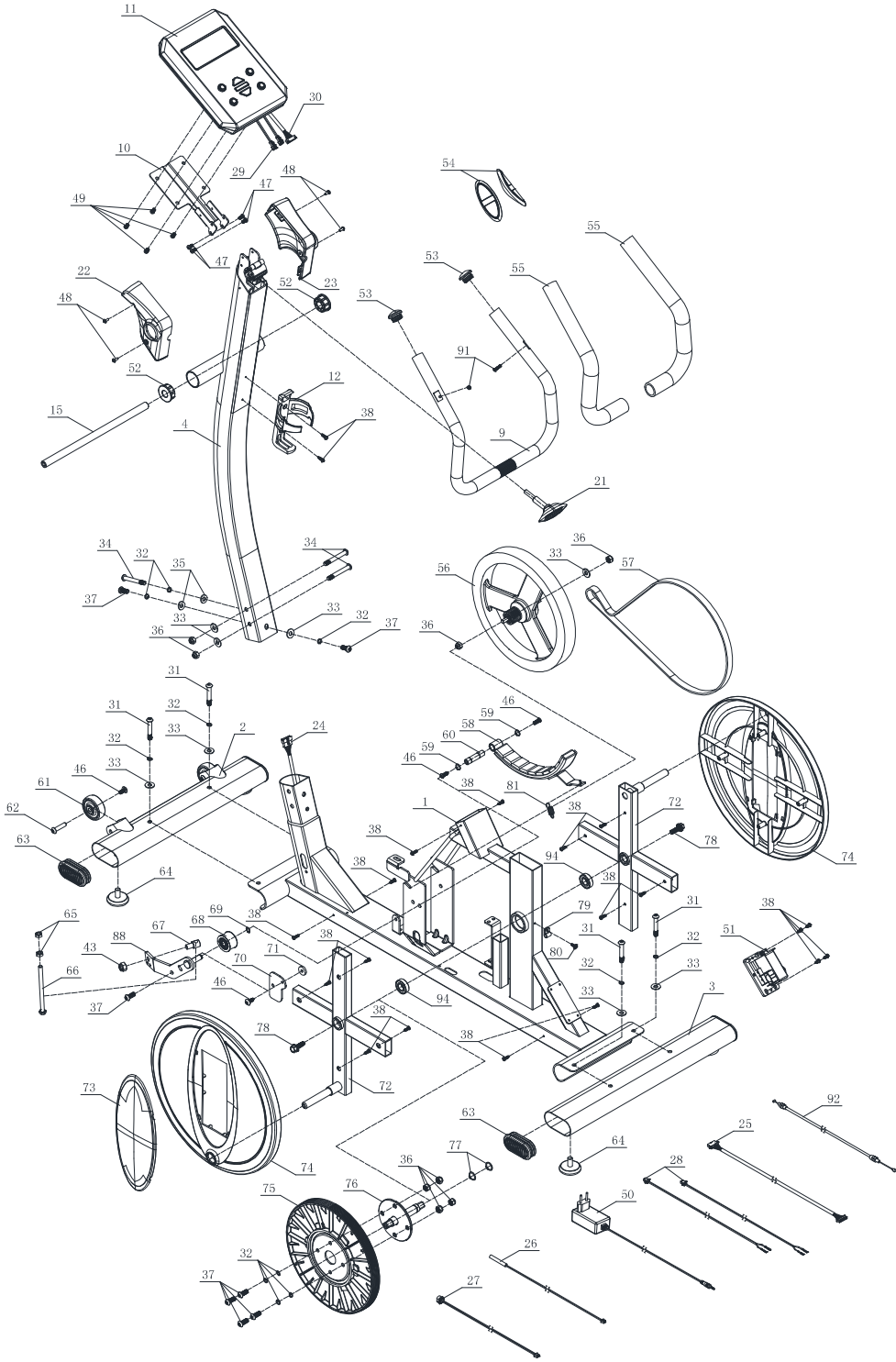


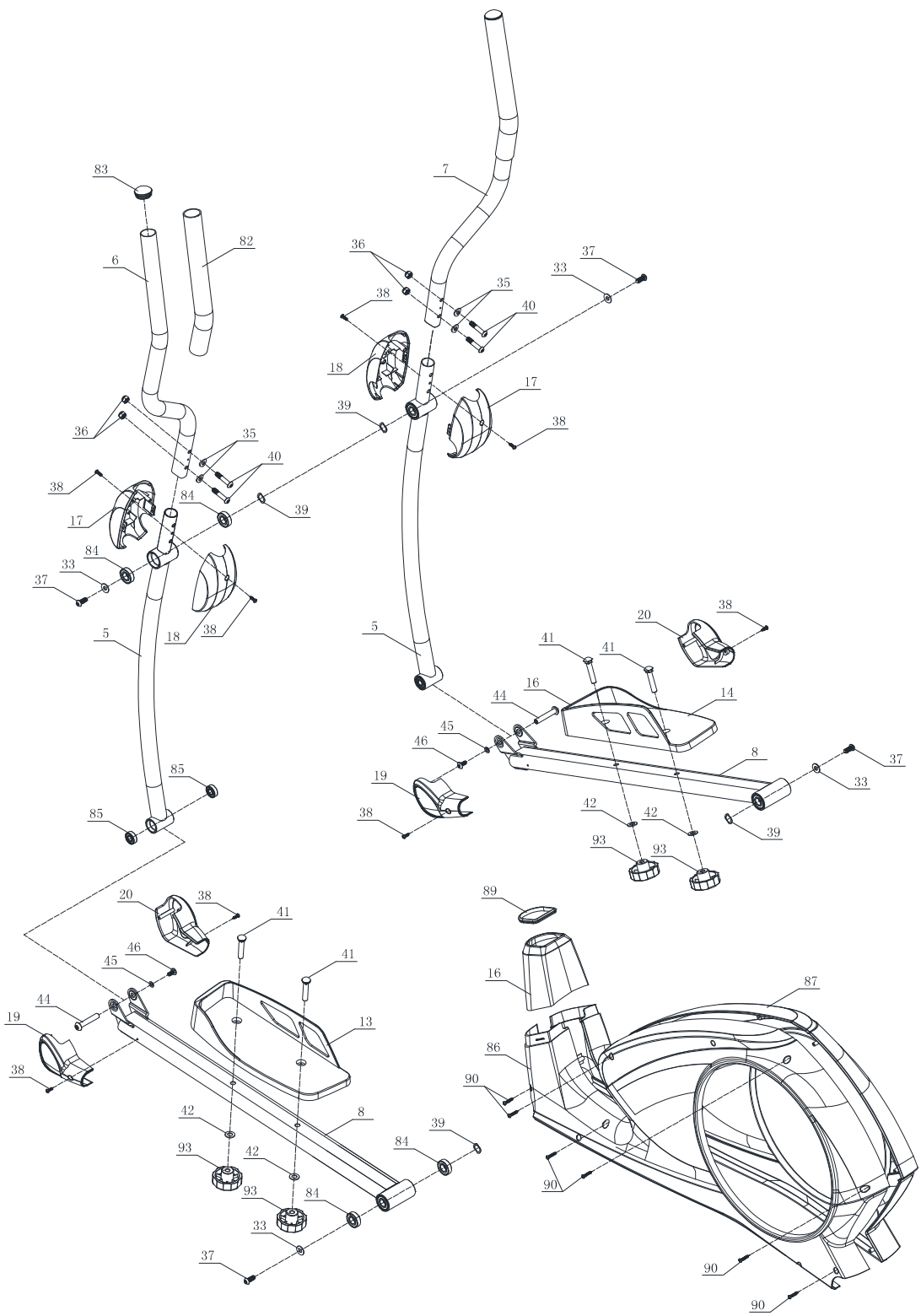
Part list

NO.	NAME	SPECIFICATION	QTY
1	Main frame		1
2	Front stabilizer		1
3	Rear stabilizer		1
4	Upright post		1
5	Saddle post		2
6	Body arm upper(L)		1
7	Body arm upper(R)		1
8	Pedal supporter(L/R)		2
9	Handle bar		1
10	Console fixed piece		1
11	Console		1
12	Bottle holder		1
13	Pedal(L)		1
14	Pedal(R)		1
15	Axle	$\Phi 15 \times 311.5$	1
16	Bottom stand post cover		1
17	Body Arm cover 1(Upper)		2
18	Body Arm cover 2(Upper)		2
19	Body Arm cover 1(Bottom)		2
20	Body Arm cover 2(Bottom)		2
21	T-shaped rotary knob	M8×30	1
22	Handlebar cover(L)		1
23	Handlebar cover(R)		1
24	Motor communication wire		1
25	Console communication wire		1

NO.	NAME	SPECIFICATION	QTY
28	Handle pulse connection wire		2
29	Console connection wire		2
30	Console connection wire		1
31	Allen C.K.S. half thread screw	M8×50×20	4
32	Spring washer	Φ8	7
33	Flat washer	Φ8.5×Φ20×t1.5	11
34	Allen C.K.S. half thread screw	M8×65×20	3
35	Curved washer	Φ8.5×R25×t2.0	6
36	Hex self-locking nut	M8	6
37	Allen C.K.S. full thread screw	M8×20	6
38	Philips C.K.S. self-tapping screw	ST4×16	10
39	Wave spring washer	Φ15	4
40	Allen C.K.S. half thread screw	M8×40×20	4
41	carriage screw	M10×50×20	4
42	Flat washer	Φ10	4
44	Allen C.K.S. hollow screw	Φ10×56.5-M6×20	2
45	Flat washer	Φ6	2
46	Allen C.K.S. full thread screw	M6×15	2
47	Philips C.K.S. full head screw	M5×10	4
48	Philips C.K.S. full head screw	M4×10	4
49	Philips C.K.S. full head screw	M5×10(black)	4
89	Upright post decoration strip		1
93	Knob		4

Drawig for assembly





Part list

NO.	NAME	SPECIFICATION	QTY
1	Main frame		1
2	Front stabilizer		1
3	Rear stabilizer		1
4	Upright post		1
5	Saddle post		2
6	Body arm(L)		1
7	Body arm(R)		1
8	Pedal supporter(L/R)		2
9	Handlebars		1
10	Console fixed piece		1
11	Console		1
12	Bottle holder		1
13	Pedal(L)		1
14	Pedal(R)		1
15	Axle	Φ15×311.5	1
16	Bottom stand post cover		1
17	Body Arm cover 1(Upper)		2
18	Body Arm cover 2(Upper)		2
19	Body Arm cover 1(Bottom)		2
20	Body Arm cover 2(Bottom)		2
21	T-shaped rotary knob	M8×30	1
22	Handlebar cover(L)		1
23	Handlebar cover(R)		1
24	Motor communication wire		1
25	Console communication wire		1
26	Magnetic sensor		1

27	Power communication wire		1
NO.	NAME	SPECIFICATION	QTY
28	Handle pulse connection wire		2
29	Console connection output wire		2
30	Console connection input wire		1
31	Allen C.K.S. half thread screw	M8×50×20	4
32	Spring washer	Φ8	10
33	Flat washer	Φ8.5×Φ20×t1.5	12
34	Allen C.K.S. half thread screw	M8×63×20	2
35	Curved washer	Φ8.5×R25×t2.0	5
36	Hex self-locking nut	M8	12
37	Allen C.K.S. full thread screw	M8×20	10
38	Philips C.K.S. self-tapping screw	ST4×16	28
39	Wave spring washer	Φ15	4
40	Allen C.K.S. half thread screw	M8×40×20	4
41	carriage screw	M10×50×20	4
42	Flat washer	Φ10	4
43	Hex locking nut	M10	1
44	Allen C.K.S. hollow screw	Φ10×55-M6×20	2
45	Flat washer	Φ6	2
46	Allen C.K.S. full thread screw	M6×15	7
47	Philips C.K.S. full head screw	M5×10	4
48	Philips C.K.S. full head screw	M4×10	4
49	Philips C.K.S. full head screw	M5×10(black)	4
50	Power adapter		1
51	Motor		1
52	Body Arm bushing	Φ38×15.4	2
53	End cap	Φ25×t1.5	2

54	Handle pulse set		2
55	Foam	Φ22×t3.0×420	2

NO.	NAME	SPECIFICATION	QTY
56	Fly wheel set	Φ280/6kg	1
57	Motor belt	450PJ6	1
58	Magnetic fixed set		1
59	Circlip for shaft	Φ12	2
60	Magnetic control fixed axle	Φ12×50	1
61	Wheel	Φ55×25.8	2
62	Allen large hollow flat head bolts	Φ8×33×M6×15	2
63	End cap	PT40×80×t1.5	4
64	Foot pad	Φ47×10.5	2
65	Hexnut	M8	2
66	Allen C.K.S. full thread screw	M8×120	1
67	Idler connecting shaft	Φ15×30	1
68	Tension pulley	Φ43.5×25.5	1
69	Circlip for shaft	Φ10	1
70	Circlip shaft fixed piece 1		1
71	Circlip shaft fixed piece2		1
72	Crank set		2
73	Disc cover		2
74	Disc	Φ378.6×32	2
75	Belt pulley	Φ263.7×22.2	1
76	Crank axle	Φ17×111.3	1
77	Circlip for shaft	Φ17	2
78	Allen C.K.S. full thread screw	5/16-18UNC-1"	2
79	Magnetic induction block		1
80	Phillips C.K.S. self-tapping screw	ST4×12	1
81	Brake tension spring		1

82	Foam grip	Φ30×t3.0×350	2
83	Pipe plug	Φ32×t1.5	2

NO.	NAME	SPECIFICATION	QTY
84	Deep groove ball bearing	6002-2RS	8
85	Deep groove ball bearing	6000-2RS	4
86	Motor cover(L)		1
87	Motor cover(R)		1
88	Tension pulley		1
89	Upright post decoration strip		1
90	Philips C.K.S. Self-tapping screw	ST4×25	6
91	Philips C.K.S. Self-tapping screw	ST4×20	2
92	Brake wire		1
93	Knob		4
94	Deep groove ball bearing	6203-2RS	2

Computer operation

Display function

ITEM	DESCRIPTION
TIME	Display the time numerical value during exercise. Range 0:00 ~ 99:59
SPEED	Display the speed numerical value during exercise. Range 0.0 ~ 99.9
DISTANCE	Display the distance numerical value during exercise. Range 0.0 ~ 99.9
CALORIES	Display the burned calories during exercise. Range 0 ~ 999
PULSE	Display the pulse numerical value during exercises. Sound the alarm when over preset target pulse.
RPM	No group of rotation. Range 0 ~ 999
WATTS	Display the consumed power rate during exercise. Range 0 ~ 350
MANUAL	Manual Setting Mode
PROGRAM	Application Mode (12 programs for your choice.)
USER	User exercising mode. User set the resistance graphics.
H.R.C.	Target heart rate training mode.
WATT	Watt control training mode.

Button function:

ITEM	DESCRIPTION
Reset	. Press the button in 2 seconds, computer will reboot and start from user setting. Press the button to return to the main menu in stop mode or setting the exercising numerical value.
Body fat	Test the body fat percentage, body mass index (BMI)
Up	Select the training mode, and increase numerical value
Recovery	Test heart rate recovery status.
Down	Select the training mode, and decrease numerical value
Mode	Confirm the setting value or choice.
Start/ Stop	Start or stop working.

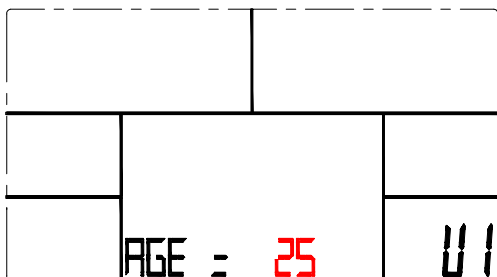
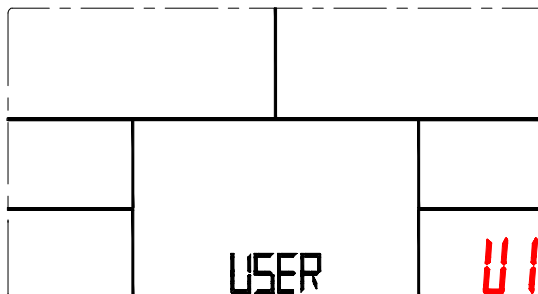
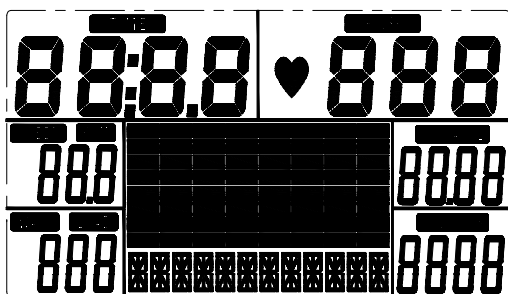
Operation

Power on-

1. Plug in, speed meter will boot and LCD display for 2 seconds. Then show the wheel diameter value, and then enter the user setting mode (set U1 ~ U4 user group, age, gender, height, body weight).

4 minutes without pedals or heartbeat signal input, speed meter will enter power saving mode.

Press any key to wake up the speed meter.

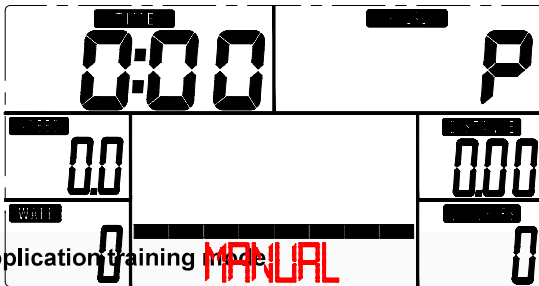


Manual Setting Mode

Under the main screen, press START/STOP button, it will enter into manual setting mode directly.

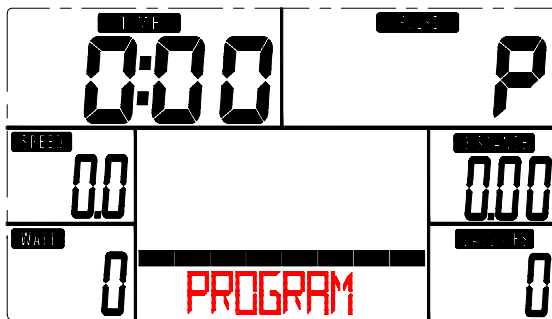
1. Press UP or DOWN to select sports program, select MANUAL and press MODE button to enter.

2. Press button to set TIME, DISTANCE, CALORIES, PULSE value, press MODE button to confirm.
3. Press START/STOP button to start.
4. During the exercise, press UP or DOWN button to resistance values (1 to 32).
5. Press START/STOP button again to suspend movement. Press RESET button to return to the main display.



Application training mode

1. Press UP or DOWN button to select exercising program, select the PROGRAM and press MODE button to enter. Choose P01 ~ P12 graphics, then press MODE button to confirm.
2. Press UP or DOWN button to set the time numerical value.
3. Press START/STOP button to start.
4. Press UP or DOWN button to set resistance values (1 to 32) during exercise.
5. Press START/STOP button again to suspend movement. Press RESET button to return to the main display.



User Program Training Mode

1. Press UP or DOWN button to select exercising program, select the USER PROGRAM and press MODE button to enter.
2. Press UP or DOWN button set resistance values of each field, press MODE button to enter the next set. (a total of 20 field need to set)

3. Press MODE button for 2 seconds to complete or exit.
4. Press UP or DOWN button to set the time value.
5. Press START/STOP button to start.
6. Press START/STOP button again to suspend movement. Press RESET button to return to the main display.
7. Press UP or DOWN button to set resistance values (1 to 32).

Heart Rate Control Training Mode

1. Press UP or DOWN button to select exercising program, select H.R.C. and press MODE button to enter.
2. Press UP or Down button to select: H.R.C. 55% H.R.C. 75% H.R.C. 90% or H.R.C.T AG (H.R.) (default: 100).
3. Press UP or DOWN button to set the time value.
4. Press START/STOP button to start or stop the setting. Press RESET button to return to the main display.
5. If there is no heartbeat signal during exercise, speed meter will stop and alarm to remind.



WATT Control Training Mode

1. Press UP or DOWN button to select exercising program, select WATT and press MODE button to enter.

2. Press UP or DOWN button to set the target WATT value (the default value is 120). Press MODE button to confirm.
3. Press UP or DOWN button to set the time value during exercise.
4. Press START/STOP button to start or stop moving. Press RESET button to return to the main screen.
5. User can press UP or DOWN button to adjust WATT value during exercising.

Heart Rate Recovery Status Test

1. After a period of time of exercising, the user needs to keep holding the hand grip, and press RECOVERY button to test.
2. All function display will stop except "TIME" starts counting down from 00:60 to 00:00.
3. The LCD will display the heart rate recovery status by F1, F2... F6. F1 is the best status, and F6 is the worst. Then press RECOVERY button to return to the main display.
4. During the test, press RECOVERY button again, the console will return to the previous display.

1.0	Best
$1.0 < F < 2.0$	Better
$2.0 < F < 2.9$	Good
$3.0 < F < 3.9$	normal
$4.0 < F < 5.9$	worse
6.0	worst

BODY FAT Mode

1. User can press BODY FAT button for BODY FAT testing when the bike doesn't work. Hold the handgrip tightly.
2. The LCD will display "- - - - -". And then it will display body fat percentage, body mass index, obesity symbols after 8 seconds.
3. It will show other symbols in following situations:
 "E-1" shows that users do not put the thumb on the right position of the handgrip.
 "E-4" shows that the body fat percentage and body mass index are beyond the range of the system setting.

1. After the test, press BODY FAT button to return to the former setting and continue to exercise.

B.M.I.:

B.M.I	Low	Low/Mid	Mid	Mid/High
Range	<20	20-24	24.1-26.5	>26.5

BODY FAT:

Symbol	—	+	▲	◆
body fat percentage	Low	Low/Mid	Mid	Mid/High
Sex				
Male	<13%	13%-25.9%	26%-30%	>30%
Female	<23%	23%-35.9%	36%-40%	>40%

Note:

1. This speed meter requires the use of 9V, 500 mA or 9V, 1000 mA transformer.
2. 4 minutes after stop moving, speed meter will enter into power saving mode. All the settings and exercise values will be saved until next time.
3. The speed meter display abnormal, please pull out the transformer and insert again.

General fitness tips

Start your exercise program slowly, i.e. one exercise unit every 2 days. Increase your exercise session week by week. Begin with short periods per exercise and then increase these continually. Start slowly with the exercise sessions and don't set yourself impossible targets. In addition to these exercises, do other forms of exercise such as jogging, swimming, dancing and/or cycling.

Always warm up thoroughly before exercising. To do so, carry out at least five minutes of stretching or gymnastic exercises to avoid muscle strains and injuries.

Check your pulse regularly. If you do not have a pulse measuring instrument, ask your GP how you can measure your heart rate effectively. Determine your personal exercise frequency range to achieve optimal training success. Take into account both your age and your level of fitness. The table on page 16 will give you a reference point for determining the optimal exercise pulse.

Make sure you breathe regularly and calmly when exercising.

Take care to drink enough while exercising. This ensures that the liquid requirement of your body is satisfied. Consider that the recommended drinking amount of 2-3 liters per day is strongly increased through physical strain. The fluid you drink should be at room temperature.

When exercising on the device always wear light and comfortable clothing as well as sports shoes. Do not wear any loose clothing that could tear or become caught in the device whilst exercising.

Exercises for your personal work-out

Warm-up / stretching exercises

A successful exercise session begins with warming up exercises and ends with exercises for cooling down and relaxing. These warming up exercises prepare your body for the subsequent demands made upon it. The cooling down / relaxation period after the exercise session ensures that you do not experience any muscular problems. In the

following you will find stretching exercise instructions for warming up and cooling down. Please pay attention to the following points:

NECK EXERCISES

Tilt your head to the right and feel the tension in your neck. Slowly drop your head down to your chest in a semi-circle and then turn your head to the left. You will feel a comfortable tension in your neck again. You can repeat this exercise alternately several times.



1

EXERCISES FOR THE SHOULDER AREA

Lift the left and right shoulders alternately, or lift both shoulders simultaneously.



2

ARM STRETCHING EXERCISES

Stretch the left and right arms alternately towards the ceiling. Feel the tension in your left and right side. Repeat this exercise several times.



3

EXERCISES FOR THE UPPER THIGH

Support yourself by placing your hand on the wall, then reach down behind you and lift up your right or left foot as close to your buttocks as possible. Feel a comfortable tension in your front upper thigh. Maintain this position for 30 seconds if possible and repeat this exercise 2 times for each leg.



4

INSIDE UPPER THIGH

Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards. Maintain this position for 30-40 seconds if possible.



5

TOUCH TOES

Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 20-30 seconds if possible.



6

EXERCISES FOR THE KNEES

Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain this position for 30-40 seconds if possible.



7

EXERCISES FOR THE CALVES/ACHILLES TENDON

Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain this position for 30-40 seconds if possible.



8